

Cross Canada Check In - PHE Teachers - Key messages

Hosted by: Lori Munro-Sigfridson and Doug Gleddie

April 8, 2020

Thank you to everyone who joined up last week for our PHE Teacher Cross Canada Check In. As requested, a recording of the session has been posted on the PHE Canada website as well as a summary of the chat. PHE Canada created a Facebook group after this session, hoping to help PHE colleagues stay in touch in between Check-Ins. Join the [PHE at Home Facebook Group](#). Post questions, share success stories, and keep informed on what is happening in the physical and health education landscape.

Summary of the discussion:

- It is important for everyone to take care of themselves during this time. PHE teachers are no exception. Participants are doing all sorts of different activities to do this - yoga, dog walks, cooking and learning new skills
- Across the country, PHE is integrated into at home learning in my different forms. Some are told not to teach it at all, others are building websites for online delivery.
- In some provinces a large focus is being placed on well-being and mental health. This can be a good way to integrate PHE into at home learning, but is not a complete replacement.
- There is a need and a desire for sharing quality, vetted Physical Education resources, not just adult work outs for kids. A large emphasis was placed on the importance of recognizing that the majority of resources being shared are physical activities only - not physical education. As a group, PHE teachers and PHE Canada needs to ensure that Canadians recognize the importance of Physical Education now and after the pandemic.
- Assessment remains a struggle - How can a teacher accurately assess a student's skills, knowledge and learning when they are doing so virtually?
 - What issues arise with video assessments? Safety? Legality? Equity?
 - Can the non physical activity aspects of PHE be assessed at a distance?
- Health Education (Sexual Health in particular) is presenting additional challenges in an online environment
- Integration of PHE in at home learning program is not consistent
 - There is a need to ensure that PHE does not become a redundant subject.

Resources shared during this session:*English and French Resources*

- <https://phecanada.ca/activate/phe-home-learning-centre>

- www.championsforlife.ca - #MyActiveFamily Games are linked to FMS
- <http://befitforlife.ca/resources/> has some free downloads in **French**
- <https://runforitprogram.ca/>

English Resources

- <https://summit.energetic.education/> - session attendee recommended Dale Sidebottom's webinar on Fostering Engagement and Wellbeing. He has some great ideas for us to use with our students.
- <https://d2l.cbe.ab.ca/d2l/loginh/>
- Teen Mental Health.org <http://teenmentalhealth.org/>
- <https://www.saltwire.com/nshomelearning/>
- https://drive.google.com/drive/folders/1XYwGclvCZR_Cq8Mvu90TfB8BfAePoWo6?usp=sharing
- <https://sites.google.com/redeemer.ab.ca/healthandwellness/home?authuser=0>

French Resources:

- <https://sites.google.com/view/resteactif/primaire/semaine-du-6-avril?authuser=0>

Other Ideas:

- Physical Activity BINGO Fitness that staff, students and family members can do. Keep it simple 'KISS' that is enjoyable by all. How fast can you tie your shoes the fastest, How fast can you put on 2-3 pairs of socks? These can be used for mathematics, science as well.
- As the weather gets better, we can all do a great cause for our neighbors. Sidewalk fitness. Each cube of the sidewalk put a fitness activity on. Steal of the snakes and ladders idea.

Youtube Links:

- FEEPEQ - <https://www.youtube.com/channel/UCbWTZBjgqdY8dSgPaGN89Fw/featured>
- Vlog - <https://www.youtube.com/watch?v=m62bCJz4QHs&t=56s>

Hashtags to Follow:

- #HPEatHome #PHEatHome
- #EinPE

