



Physically Distanced PE

Preparing for modified in-person PE instruction during a pandemic

COURSE DETAILS

Introduction:

This course, titled "Physically Distanced In-Person PE," is offered as part of PE Central's Professional Development Services. This course is online and self-paced. Module content builds from one to the next, so it is recommended that modules be completed in the order presented. Assignments are included during the course and may be completed at the student's own convenience. The course is worth 10 PD hours. There is also the option to purchase 1.0 CEU upon completion of this course. The CEU is issued by (and the applicable fee is paid to) Adams State University. More information about this is printed at the end of the syllabus

Instructor: Dustin Yakoubian

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Instructor Bio:

Dustin is a physical education and health teacher currently teaching in California public schools. In addition to this course, Dustin also created and teaches the [Bringing Tech & Library Skills into PE Professional Development Course](#). Dustin published a book called [The New PE Teacher's Handbook](#) (available in [paperback](#) and [ebook](#)) with guidance for both new and experienced PE teachers, covering job hunting, creating and elevating your PE program, as well as 80 ready-to-use lesson plans. Many of the lesson plans from that book are also sold as individual units on his [TeachersPayTeachers store](#). Dustin has also written for various blogs on the topics of international education, physical education, and action sports.

Dustin has over a decade of teaching experience, both in the US and abroad. Dustin has taught PE at private international schools in China and Thailand, as well as public schools in Massachusetts and California. Dustin received a B.S. in Physical Education from Eastern Connecticut State University and a M.Ed. in International Education with ESL Specialization from Endicott College through a hybrid program (courses online & in person in Switzerland).

Target Audience:

This course has been designed for PE teachers, camp counselors, after-school activity leaders or anyone else who is or will be providing PE instruction during the pandemic. Many of us have already experienced some amount of distance teaching/learning, but with the 2020-21 academic year approaching, many schools are considering physically re-opening, which will require very careful consideration and modification, not least of which is physical distancing.

Course Purpose/Objectives:

- Explore various options for in-person, physically distanced PE
- Explore various safety considerations we must address in our PE classes AND safety considerations we need admin/district-level staff to be aware of
- Discuss differences in school settings, and how that will affect PE instruction during a pandemic
- Discuss the three main possibilities for school restarting in the 2020-21 academic year (fully remote, hybrid remote/in-person, and fully in-person)

Learning Outcomes

After completing this course, users will be able to:

1. Identify how the pandemic has and will affect PE instruction broadly, as well as in the user's specific teaching environment
2. Adapt their instruction to address safety concerns as well as students' learning needs
3. Identify key "can dos" and "can't dos" when it comes to PE during a pandemic
4. Communicate key information with school administrators and parents
5. Create modified PE lesson plans

Course Description:

We have become familiar with "social distancing" a.k.a. "physical distancing" in our daily lives, but with many schools returning to in-person instruction, it is time to adjust our "usual" PE instruction for this unusual time. We must teach Physically Distanced PE. In this course, we will explore some of the myriad considerations, evaluate how our existing PE program does/does not fit the needs of Physically Distanced PE, modify existing lessons and create brand new ones accordingly. In this course, 1) I will provide considerations, strategies, and lesson ideas, and 2) you will confront and overcome the challenges created by physically distanced PE. By engaging with the content and resources provided, you will be able to modify your PE instruction to best address students' needs as well as staff/student safety.

Standards:

This course addresses the following standards:

Source: *SHAPE America* [Standards for Health and Physical Education in the US](#)

Physical Education – *The physically literate individual:*

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.

Health – *Students will demonstrate the ability to:*

Standard 4: Use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Use decision-making skills to enhance health.

Standard 6: Use goal-setting skills to enhance health.

Standard 7: Practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Advocate for personal, family, and community health.

Viewing External Content:

At times throughout the course, students will be instructed to visit external sites to view videos, articles, or both. Each time external content will open in a new, separate window, which will require students to close when completed and return to the course.

Course Design/Schedule:

This course is designed for self-paced learning. Each module contains information/resources/guidance as well as an assignment. Users may complete these modules in any order and at their own speed. Some assignments are completed by posting in the built-in message board while others require creating a document and emailing it to the instructor. At the completion of all modules, PE Central will provide you with a certificate of completion.

Technology Needed to Complete this Course:

You will need a computer/tablet with internet connection as well as a program capable of creating documents and a valid email address.

In-Course Assignments:

MODULES	LEARNING OBJECTIVE	COURSEWORK
1. Welcome and Introductions	To introduce yourself.	<ul style="list-style-type: none">● Introduce yourself in the Discussion Board
2. Safety Considerations	To identify necessary safety measures and safety equipment	<ul style="list-style-type: none">○ Read articles provided○ Complete Discussion Board Questions
3. Can Dos and Can't Dos	To look at your mental "inventory" of lessons/activities for "normal" times. Consider 3 safety levels of activities and categorize your inventory into the 3 levels	<ul style="list-style-type: none">○ Review Lesson Ideas○ List then categorize your lesson activities based on instructor-created 3 Level scheme○ Email assignment to instructor for feedback
4. Revisiting Can't Do list	Identify ways to modify lessons to increase safety	<ul style="list-style-type: none">○ Review Lesson Ideas and visit the PE resource sites provided○ Modify "can't do" activity list, and identify 3 "new" activity ideas○ Email assignment to instructor for feedback
5. Assessing students and yourself	Identify and create assessment strategies for both student progress and your own instruction	<ul style="list-style-type: none">○ View all content○ Create assessment rubric and email assignment to instructor for feedback
6. First day back: Communicating with students	Identify must-know information for students	<ul style="list-style-type: none">○ View all content○ Create your "script" and email to instructor

	Craft a kid-friendly message to set the baseline for the "new normal" at school and specifically in your PE class	feedback
7. Communicating with other stakeholders	Identify what you have done, what you need to do your job safely and effectively Craft a message to admin and another to parents, identifying key information for these two distinct audiences.	<ul style="list-style-type: none"> o View all content o Create sample letters to admin & parents (email to instructor for feedback)
8. Hybrid model considerations	Create an at-home lesson plan which supplements or complements your in-person PE lessons	<ul style="list-style-type: none"> o View all content o Create lesson for <u>at-home</u> portion of hybrid model and email to instructor
9. Cumulative Project	Create a cumulative project, which will be an invaluable ready-to-use resource as you begin the AY 20-21. This project combines work you've done in previous modules and a brand new in-person physically-distanced lesson plan you will create	<ul style="list-style-type: none"> o Review all instructions o Creation of Cumulative Project (emailed to instructor)
10. Reflection	To reflect upon your work and experience in this course	<ul style="list-style-type: none"> o Optional: Answer reflection questions. I really appreciate your feedback!
11. Additional Resources	To provide you with some additional resources on the topic	N/A

Certificate of Completion:

Upon successful completion of this course, PE Central will email you a certificate of completion indicating the title of the course, number of hours completed, dates of the course, and the signature of authentication from Mark Manross, the executive director of PE Central and its Professional Development Services.

Continuing Education Unit (CEU):

This course is worth 1.0 Continuing Education Unit (CEU). If you are interested in purchasing this please register at [Adams State University](http://www.adamsstate.edu). Make sure you choose the correct course at the bottom of the form. The title and course number are listed next.

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After you register and pay, the instructor will sign off on it and ASU will mail you are transcript with CEU on it. They mail it regular USPS so it may take a while to get to your home. If you need it faster after you register and purchase at ASU, go here to get it faxed to you.

<http://www.getmytranscript.com>

There is no grade offered or graduate credits issued with this course. The transcript will be issued for the semester (Fall, Summer, Spring) that you finished the course in.

To contact ASU with questions:

Adams State University, Professional Development
Adams State University | Extended Studies
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If you wish to have your transcript faxed (getmytranscript.com) to you there is an additional cost. [Click here to get more info.](#)

Disclaimers

- Sharing of lessons, learning platforms, and other material created solely for the purpose course is not allowed. This material is for paid course participants only.
- Unless otherwise specified by, or agreed upon with the instructor, all assignments are expected to be the individual work of each course participant