

EPHE 310

Bonus Assignment – Distant Learning Resources.

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Project Description and Integration Methods.

For the purpose of this bonus assignment, I have essentially created four worksheets or resources that a gym teacher could employ or hand out to their students when teaching a virtual class, as they can be completed independently, while still encouraging physical fitness as well as a healthy lifestyle, and abiding to British Columbia's curriculum for a grade 2-4 level.

Distant Learning Resource #1 – Activity Log.

The preceding is an activity log, where a teacher could ask their students to fill out the provided table with an activity they complete or participate in for each day of the week – they must describe and identify this activity by additionally answering the guiding questions (intensity of activity, number of minutes, something they like about the activity, something you they did not like about the activity, other notes). Further, there is space for them to write their names, and the dates of the particular week. As shown, the ultimate goal would be for students to be active for 60 minutes a day; the teacher could even implement some sort of competition or incentive (if the whole class meets a total of number of active hours, they earn a prize). I feel that this would be a great way to get kids moving when confided to a home environment, teaching them about their bodies and goal setting.

Distant Learning Resource #2 – Active Living Bingo.

The preceding is a bingo game, where a teacher could ask and encourage their students to fill in as many rows as possible in one week, potentially motivated by a prize. Here, they would have to complete challenges or tasks that promote a healthy lifestyle; drinking water, spending time outside, eating vegetables, taking deep breaths, etc. Specifically, they could circle the ones that are completed.

Distant Learning Resource #3 – What's your Name?

The preceding is a name game, where a guide or legend is provided, showing each letter of the alphabet coordinating with an exercise task (A = jump up and down 10 times). A teacher could ask their students to do all the exercise tasks associated with the letters in their name for a gym activity, ensuring that everyone incorporates some level of movement into their day. For an added challenge, a teacher could ask their students to spell out their middle, or even last names.

Distant Learning Resource #4 – Keep it Moving (board game).

The preceding is a board game, where a teacher could ask her students to print out a copy and play with their family members at home. Dice and game pieces are required, which could be taken or borrowed from another board game – players would start on the first square, and going in a circle would have to roll the dice, and move their game piece the coordinating amount of squares. When landing on a given square, they will have to complete the prompted exercise task, and the first one to reach the "finish" square is the winner!

Curricular Relations.

Core Competency:

- Personal and Social; Personal Awareness and Responsibility.
 - Profile #6 – “I can identify my strengths and limits, find internal motivation, and act on opportunities for self-growth. I take responsibility for making ethical decisions.”

Big Ideas:

“Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.”

“Personal choices and social and environmental factors influence our health and well-being.”

Curricular Competencies:

1. Healthy and Active Living.
 - “Participate daily in physical activity at moderate to vigorous intensity levels.”
 - “Identify and apply strategies for pursuing personal healthy-living goals.”
2. Mental Well-Being.
 - “Describe and assess strategies for promoting mental well-being.”

Content:

- “Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.”
- “Ways to monitor physical exertion levels.”
- “Benefits of physical activity and exercise.”
- “Practices that promote health and well-being, including those relating to physical activity, sleep, healthy eating, and illness prevention.”
- “Food portion sizes and number of servings.”



Physical Activity Log



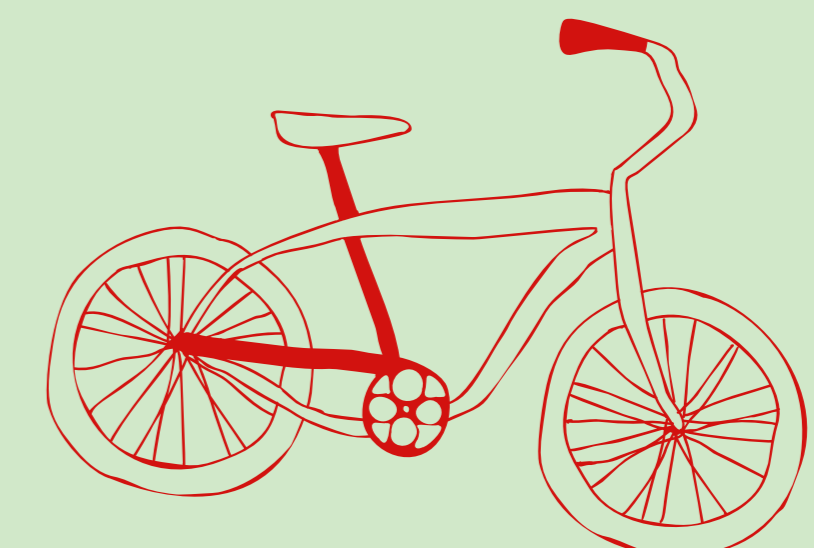
M
O
V
E

Day of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity.							
Intensity of Activity (light, moderate, vigorous).							
Number of Minutes.							
Something you liked about the activity.							
Something you did not like about the activity.							
Other notes.							

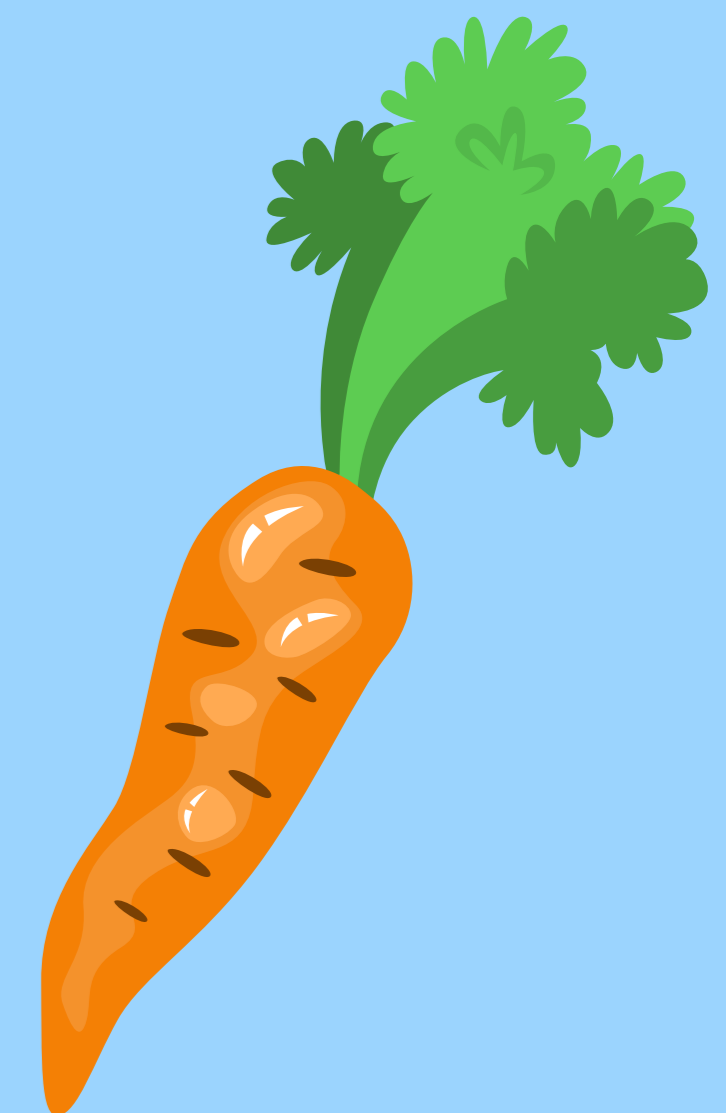
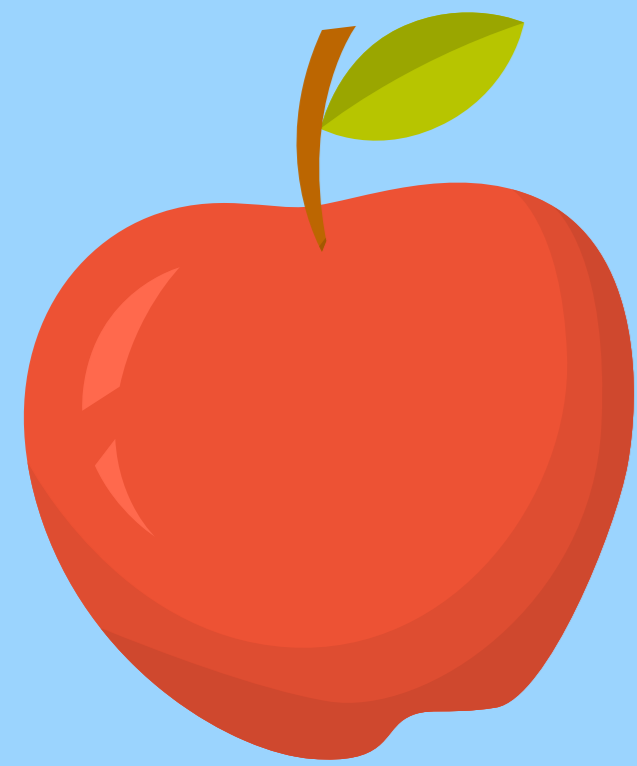
Name:

Week of:

Goal: 60 Minutes Daily!



Active Living BINGO!

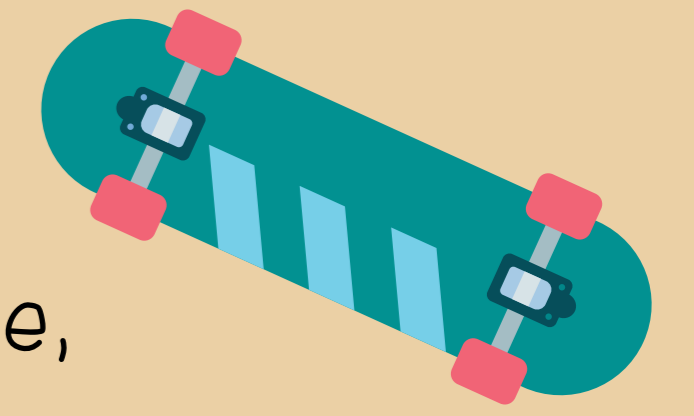


30 Minutes of Exercise.	5 Sit-Ups.	10 Second Plank.	1 Serving of Protein.	5 Sit-Ups.
5 push-ups.	8 Cups of Water.	30 Minutes of Time Outside.	15 Toe Touches.	30 Minutes of Exercise.
20 Jumping Jacks.	20 High Knees.	2 servings of fruit.	8 Cups of Water.	20 Jumping Jacks.
2 Servings of Vegetables.	1 Serving of Protein.	20 Jumping Jacks.	5 push-ups.	10 Second Plank.
20 Arm Circles.	30 Minutes of Exercise.	5 Deep Breaths.	2 Servings of Vegetables.	20 Arm Circles.

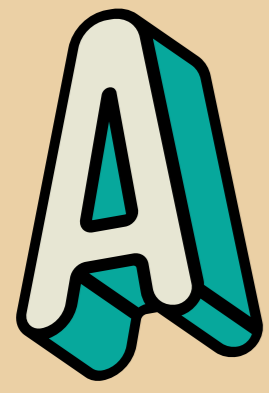
How Many **Rows** can you Fill in a Week?



WHAT'S YOUR NAME?



Spell out your full name and complete the activity listed for each letter. For a greater challenge, include your middle name!



Jump up and down 10 times.



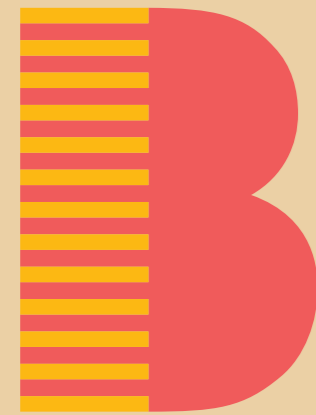
Do 10 jumping jacks.



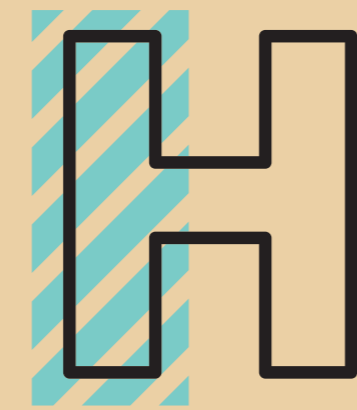
Do 3 somersaults.



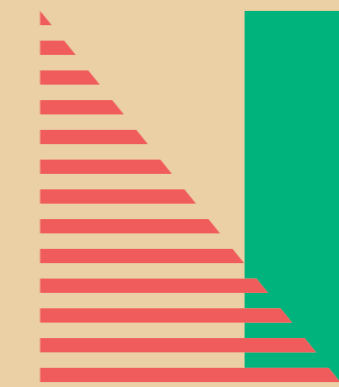
Bend down and touch your toes 20 times.



Spin around in a circle 5 times.



Hop like a frog 8 times.



Pick up a ball without using your hands.



Crawl like a crab for a count of 10.



Hop on 1 foot 5 times.



Balance on your right foot for a count of 10.



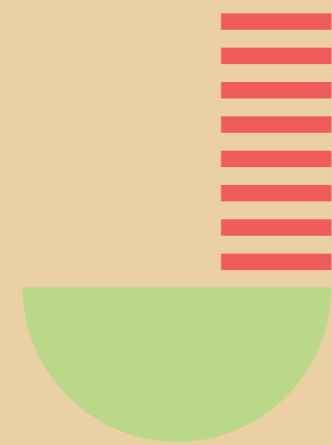
Walk backwards 50 steps and skip back.



Roll a ball using only your head.



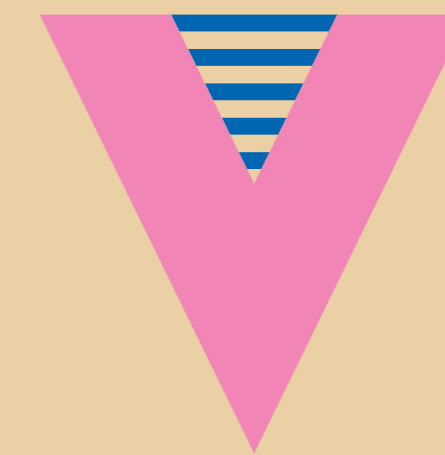
Jump up and down 10 times.



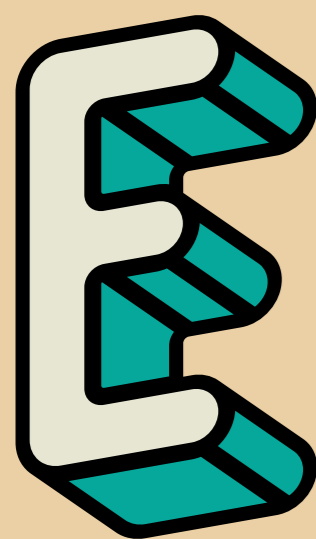
Balance on your left foot for a count of 10.



Walk sideways 20 steps and hop back.



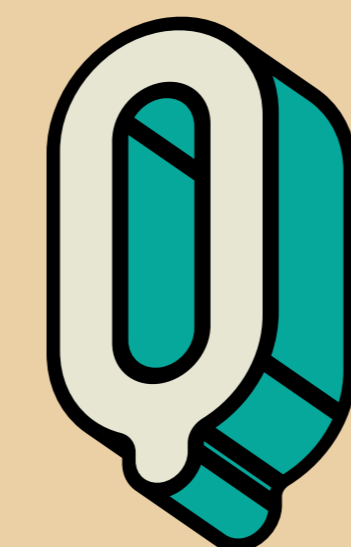
Flop your arms like a bird 25 times.



Run to the nearest door and run back.



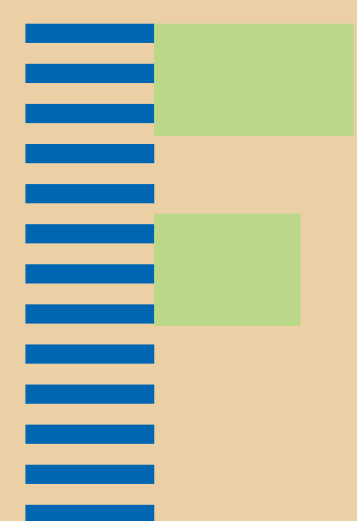
Balance on your right foot for a count of 10.



Crawl like a crab for a count of 10.



Pretend to ride a horse for a count of 15.



Walk like a bear for a count of 5.



Pretend to jump rope for a count of 20.



Walk like a penguin for a count of 10.



Try and touch the clouds for a count of 15.



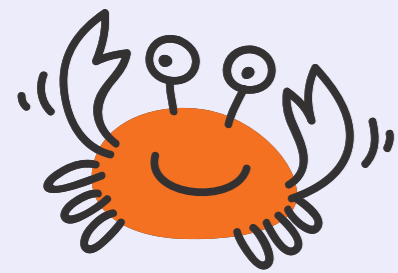
Walk on your knees for a count of 10.



Do 10 push-ups.

Finish!

Crab walk while singing the alphabet song.



15 jumping jacks.

Pretend to jump rope for 20 seconds.

Jump from side to side and as you count to 30.



Spin around in a circle 5 times.

Count to 30 while you run in place.

Skip to the nearest door and back.

Move behind 2 spaces:(

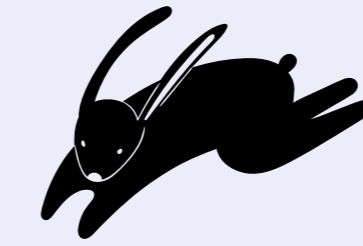
8 sit ups.

20 bear crawls.



Balance on 1 leg for 15 seconds.

5 bunny hops.

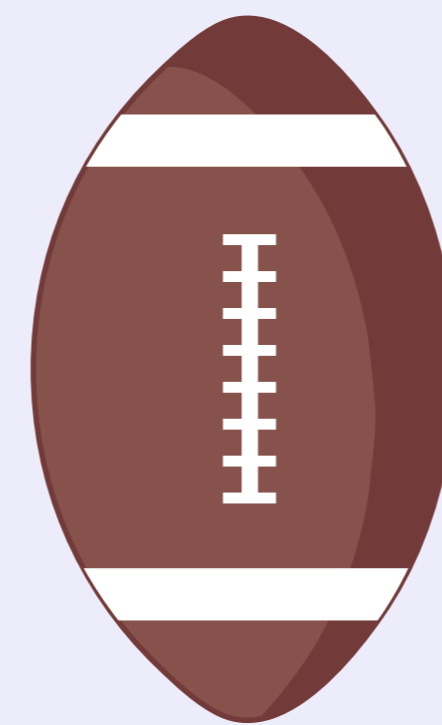


Move ahead 2 spaces:)

Head, shoulders, knees, and toes - nine times.

Warm-up by doing 10 jumping jacks.

Start!



Keep it Moving!

Rules for Play.

1. Roll the die.
2. Move the number of spaces on the die.
3. When you land on any given space, follow the written directions.
4. Play until someone reaches the "Finish" box, they are the winner!

Materials needed: game pieces for each player, dice.



References.

BC's New Curriculum. (n.d.). Retrieved from <https://curriculum.gov.bc.ca/instructional-samples/first-peoples-principles-learning>

Busy Mom Hacks to Get Fit. (2019, August 25). Retrieved from <https://girlphat.com/busy-mom-hacks-to-get-fit/>

Make Your Own Bingo - Or try a free one. (n.d.). Retrieved from <https://thetripclip.com/tc/Main/Activities/bingo-board-kid-entertainment-free.php>

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