NC SHAPE K-12 COVID19 Resources

For remote and hybrid learning environments.
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We want to acknowledge the tremendous resources shared by our global health and physical education community. Thank you!
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SAMPLE LIVE Remote Learning Schedule for Health and PE

1. WARM-UP 5–10 minutes
   *have an instant activity
   **Ideas:** Post a student reflection question (Table talks cards), use flippity to create a spinning wheel with exercises, trivia quiz show, or a bingo vocab game, choose from the GIF collection for an instant activity/warm-up

2. DIRECT INSTRUCTION 20–25 Minutes
   *25 things you can do with Google Slides
   **Ideas:** Post a health mindmap of the day, showcase a student’s “wow” health assignment (if showing student names get permission first or omit their name) conduct a live activity/workout, use flippity to create a word sort or matching game, choose a “B3 on the Go” task card, use google slides to drive your live instruction

3. COOL-DOWN/CLOSURE 5 Minutes
   **Ideas:** Closure, cool-down, access Calm YouTube channel for a “mindful minute”, conduct a poll question, or have students submit an exit ticket

Note: Teachers will need to customize their live instructional time to align with the district expectations.
Building Student Relationships Remotely

1. Create Your Own Virtual Locker
   Thank you Levi Harbeson for sharing this virtual locker template

2. Ditch That Textbook:
   50 back to school activities for the Remote learning classroom

3. FlipGrid
   Allow students to share something about themselves or give answers to a “get to know you” survey. Click here for FlipGrid Tutorial

4. Vision Board
   Share this template to allow students to create their own slides about themselves.

5. Interactive Classroom
   Create your own bitmoji interactive classroom to allow students to get to know you. Click on video for tutorial to get you started!
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Choice Led Health Curriculum Resources

1. Curriculum
   Click [HERE](#) for grades 6-9 curriculum resources.

2. Coursebooks
   Click [HERE](#) for student and teacher course books.

3. Mindmaps
   Click [HERE](#) for Choice Led Health Mindmaps.

4. Table Talks
   Click [HERE](#) for Youtube video links and prompts for student reflection and discussion responses.

5. Course Books
   Click [HERE](#) for high school student coursebook. Click [HERE](#) for teacher coursebook.
Planning Guide
For the 20-21 School Year:

- This ready made planning guide will help walk you through planning your school year regardless if you are hybrid or online.
- By Mark Banasiak

Tech Tutorial:
- Animated Videos
- Virtual Classroom
- Google
- Green Screens

Simply Amazing HPE
Ready Made Tools
(click on icon)

Creative Helpful Teacher Applications

Turn a Google Spreadsheet into:
- Random Wheel Spinner
- Interactive Scavenger Hunt
- Bingo Game
- Quiz Show
- Manipulatives
- And other cool stuff...

Ready to go gifs for health and PE:
- Gifs
- Stickers
- Videos

NC SHAPE
Build Your Virtual Gym/Classroom

1. Create Your Own Virtual Classroom Or Gym
   Learn here how to create your learning environment from a Word document or Google slides.

2. Create Your MeMoji
   Create your character for your virtual gym or classroom!

3. Gym and Field Layout Templates
   Select your background here for your gym or fields.

4. Bitmoji Accessories
   Use this cheat sheet to collect items to put in your virtual room.

5. Live Virtual Gym/Classroom
   See this Virtual PE gym for at home field day. Click here for a health version. Be sure to click on the items only when in presentation mode.
Digital Badging

Depending on learning management systems (Canvas/Schoology/itslearning) you can award digital badges to students for successfully completing assignments.

Click HERE to view how to award digital badge using Canvas learning management system.
Click HERE for NC SHAPE’s companion document, “Considerations for Return to School for Health, Dance, and Physical Education.”

If you are an NC SHAPE member, there are lots of professional development resources behind the members wall. If you are not a member and want to join, please signing up at www.ncshape.org or click HERE to join.
COVID-19 Resources
Re-Entry Considerations
Teaching Strategies Workbook
At-Home Student Survey
Ready to Go Secondary at Home Packet
Health Moves Minds SEL

NC SHAPE is a proud state affiliate of SHAPE America
More Resources

Kaiser Permanente and Partners
Back to School Playbook
Action for Healthy Kids: COVID and At Home
Playworks: Return to Play and Recess and Play at Home