

NC SHAPE K-12 COVID19 Resources



For remote **and**
hybrid learning
environments.



CONTRIBUTORS

Dr. Kymm Ballard

Health and Physical Education
Teacher Educator
Campbell University

Dr. Kim Morton

Health and PE Curriculum Specialist
Charlotte-Mecklenburg Schools

We want to acknowledge the tremendous resources shared by our global health and physical education community.

Thank you!



Live Table of Contents

1

[Sample LIVE Remote Learning Schedule](#)

2

[Building Student Relationships Remotely](#)

3

[Curriculum Resources](#) and [Web-Tools](#)

4

[Digital Badging](#)



SAMPLE LIVE Remote Learning Schedule for Health and PE

WARM-UP 5-10 minutes

*have an instant activity

1

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

DIRECT INSTRUCTION 20-25 Minutes

[*25 things you can do with Google Slides](#)

2

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

COOL-DOWN/CLOSURE 5 Minutes

3

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

Create Your Own Virtual Locker

Thank you Levi Harbeson for sharing this [virtual locker template](#)



Ditch That Textbook:
[50 back to school activities for the Remote learning classroom](#)



FlipGrid

Allow students to share something about themselves or give answers to a “get to know you” survey. Click [here](#) for FlipGrid Tutorial



Vision Board

Share this [template](#) to allow students to create their own slides about themselves.




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!



Health and Physical Education COVID 19 Curriculum Resources

At Home Videos Skills and Dances Ben Pirillo	Spanish Version Brain Boost At Home	Social Distancing and at Home Resources	Hybrid or Remote Back to School Tools CBHPE	Elementary At Home Videos PE Universe
Visual Aids for Online or Classroom	PE at Home Lessons, Videos, and More	Assessment for PE at Home or in School CBHPE	Kids Netflix Workout Videos	Physical Education Board Games for At Home Miss Physed
Edpuzzles for At Home CBHPE	K-9 Social Distancing Games and Activities	Adapted PE at Home	At Home Fitness for Kids	Push and Play At Home or Hybrid Andy Hair
Teaching videos for at Home Ami Gibson	Brain Bites Classroom or Instant Activities Lynn Hefele	SHAPE America COVID Resources	Support Real Teachers (Tech Guide for PE)	PE Choice Boards Kevin Tiller
CPR Remote (hands only) Bill Bode	K-9 Beaverton BSD (HPE)	Risks for Return to School in PE	Secondary At Home	NC Healthful Living Resources
Middle School Health at Home Cairn Guidance	High School Health At Home Cairn Guidance	SEL Resources & Health Moves Minds	Secondary Fitness Workouts	PE Household Item Ideas 

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

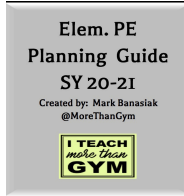
Click [HERE](#) for high school student coursebook. Click [HERE](#) for teacher coursebook.



Simply Amazing HPE Ready Made Tools (click on icon)

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



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

Tech Tutorial:

- Animated Videos
- Virtual Classroom
- Google
- Green Screens



Build Your Virtual Gym/Classroom

Create Your Own Virtual Classroom Or Gym

Learn here how to create your learning environment from a [Word document](#) or [Google slides](#).



Create Your MeMoji

Create your [character](#) for your virtual gym or classroom!

Gym and Field Layout Templates

Select [your background here](#) for your gym or fields.



Bitmoji Accessories

Use this [cheat sheet](#) to collect items to put in your virtual room.

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



COMPANION DOCUMENT

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.



Resources



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](#)