

## Cross-Canada Check-In Session: Summary of the May 1 Session

The Cross Canada Check in on May 1, 2020 was co-hosted by Lori Sigfridson, PHE Canada President, and Dr. Amanda Stanec, Founder of Move Live Learn. More than 125 educators came together to discuss whether teaching is appropriate in today's learning atmosphere and how we can support each other, and our students, with their ever changing needs. One important point that was made is that this isn't distance learning - it is crisis learning. It should not be taken personally.

### Key discussion points:

- Despite all of the challenges that have been presented, there are silver linings:
  - We've given kids permission to play again
  - I've heard a few parents say "I hope this changes the way people look at looking long hours etc"
  - This time has...allowed me to prepare and spend purposeful PE time with my own kids during the day. Plus they're great participants in experimenting with new games/challenges/etc that I can use when back in school
  - Giving students tips and tricks that will impact them longer than for this school year
  - Making connections that are VERY intentional, and that this is something that we can take back into the classroom when we get back there.
  - Kids that are less confidence in a class setting do really well in this new environment - learning how to adapt in-school lessons to reflect these opportunities
  - Students who may have been "invisible" in my HPE classes (shy,quiet) are finding ways of using their voice at this time. Because student choice has been built into most of our assignments they are communicating in ways that are comfortable for them. (videos, bullet journals)
  - Students are coming to that realization of what movement, mental health investment, exploring developing their own routines and how that is impacting them. It is cool to see them experience and understand that "why"

### Teaching Tips/Tricks

- Focus on the parents and how they can support themselves and their children during this time.
- Send an activity for the family to do each week for each level (1-3, 4-6, 7-8) that is designed for any number of participants and using equipment commonly found at home
- Orienteering courses can be developed for towns/communities
- Praising students for their previous achievements in class, develop an individual goal to strive to reach related to their strengths and teach/coach/motivate them along the way to keep them engaged and active
- Focus by looking at the medicine wheel and focusing on wellness activities that fall onto the medicine wheel

- Well-being / Work-out Wednesdays - Teachers are not assigning work on this day and we are encouraging students/families to focus on themselves, their mental health and well-being on this day

Resources:

- [Dale Sidebottom's webinars](#)
- [https://twitter.com/Jenni\\_Donohoo/status/1256219219747917828?s=20](https://twitter.com/Jenni_Donohoo/status/1256219219747917828?s=20)
- The REAL reason children fidget — and what we can do about it | Angela Hanscom | TEDxPortsmouth - <https://www.youtube.com/watch?v=PXLaoDucF0k>
- Sport for Life: <https://sportforlife.ca/facing-covid-19-together/>  
<https://sportpouirlavie.ca/faire-face-ensemble-a-la-covid-19/>
- <https://medium.com/national-equity-project/what-if-we-dont-return-to-school-as-usual-4aceb5227df5>
- <https://www.youtube.com/watch?v=PXLaoDucF0k>
- Angela Hanscom - Barefoot and Balanced
- <https://play.google.com/store/audiobooks/details?id=AQAAAIC2uHQ40M>