

## Cross-Canada Check-In Session: Summary of the May 15 Session

How are participation levels with your students and how are you overcoming barriers?

- Participation levels vary greatly, depending a lot on home life
- Participation seems to have decreased on the whole over the past few weeks, many students seem to have lost motivation
- Silver lining - "Athletes" are less engaged whereas students who generally don't participate as much or are overshadowed by the athletes are making the effort.
- Hosting online classes/meetings with students helps with engagement
- Social media has led to some great reach, but often at a lower level of engagement

Resources:

- <https://drive.google.com/file/d/1nJm0GR8VXZptUOmCP3WFRj1LJrj61HC/view>
- The Active At Home PLAYbook includes a Weekly Activity Tracker and a section for reflection recording. Many of the activities in the workbook link numeracy and literacy. For preschool - Div 1:  
[https://d10k7k7mywg42z.cloudfront.net/assets/5ebc5fbb76ed7f071a051dab/My\\_Active\\_At\\_Home\\_Playbook\\_\\_WEB.pdf](https://d10k7k7mywg42z.cloudfront.net/assets/5ebc5fbb76ed7f071a051dab/My_Active_At_Home_Playbook__WEB.pdf)
- <https://phecanada.ca/activate/phe-home-learning-centre/staff-room>
- <https://phecanada.ca/connecting/news/wesupportphe-social-media-campaign>
- <http://www.oasphe.ca/>
- <https://phecanada.ca/programs/teach-resiliency/home>

Concerns and opportunities moving forward:

- Phys.Ed is gradually replaced by online calisthenics. Kids want to play, and in Montreal the playgrounds are closed off. Phys ed is so much more than doing jumping jacks online! On the other hand, I see many kids no longer have training wheels on their bikes.
- Lots of positive gains we've had with this. The understanding of a positive relationship with and the need for physical activity. Ownership is happening. Physical activity does not always need to be organized formally.
- I notice a lot of siblings in videos and am giving extra "family member points" bc I see PE reaching and helping parents work and see benefit if our students are showing teamwork with siblings and leadership for younger siblings. (and our future students 😊?). PhysEd is our great platform for community building.
- This is the best time for students (and adults) to develop and practice healthy habits. I like to share new things that I have been trying and I send out a weekly slide of photos from our staff being active during the week. Sabine Crandall - Calgary, AB
- In NL some of us have been playing with purposeful reflection as assessment. The backward design of assessment kind of idea - start with the end point, the why of the assessment, and then build the "activity" or "task" from that. What's the target, how can we support that target in being personally meaningful so that there's more chance of engagement, and supporting students in moving toward personally meaningful

engagement with the affective, cognitive, and physical understandings. This is not a solution or answer, but it is an opportunity to think deeply about assessment, now and in the future, and while it's a struggle, I've loved the chance to engage in these conversations with people, as it's meaningfulness to teachers right now seems to be even more heightened - as evidenced in part by this check-in.

- Great discussion so far and importance of PE in school schools. However, there seems to be a priority out there when school does return, for core courses to be the emphasis for teaching/catching up. There have even been the scenarios suggested where PE classes will be decreased so that more emphasis can be focused on core courses. I totally disagree on so many levels and believe that in order for students to excel and do their best daily physical activity needs to be a part of their daily routine. Furthermore, with distance learning being the new norm for teaching now I am finding all students are living a more sedentary lifestyle (increase in screen time combined with social distancing practices needing to be followed. Therefore, there should actually be an increase in PE and physical activity within our schools to help our student's overall health and well-being which will also aid in performance results in academic courses as well.
- Beware in the Montreal area, they have started to install (Temporary) sinks with plumbing in the gyms to provide a central area for washing hands. Thankfully many of the school principals have helped to make sure the sinks and plumbing are going to a different place in the school, but if nobody is there to check your gym space may become a handwashing station. No ideal for small gyms and it may affect the possibility to use the gym at all in the fall.
- Getting people on board (parents, colleagues, admin) means sometimes needing to change people's perception of Physical/Health Education - that it is PE/HE and not gym.... More than just PE teachers supervising students' activity time. And also the importance of our subject - as it is the most important/relevant subject students take in school (biased opinion I know!)