PHYSICAL EDUCATION: PLANNING FOR REMOTE LEARNING

With remote learning now a reality for the coming term this Tip of the Week HPE (TOTW) focuses on Planning Considerations for your students. Developed by Chloe Dew, Physical Education teacher at Black Hill Primary School and ACHPER Victoria Board member, this TOTW outlines practical ideas and suggestions to help you in your planning.

Planning a unit of learning

It is very important in this unprecedented period in our professional careers, that we learn how to be truly flexible. Many things that were once well within our control are now suddenly far from reach. With that in mind, when starting out with planning for remote learning in Physical Education we need to realise that what we had planned for our students moving into Term 2 will require some hefty re-evaluating.

Put your planner aside, and rather take a look at Terms 2, 3 and 4 as a whole. Are there elements of your yearly plan that lend themselves better to being able to adapt to a home environment? Explore the curriculum and **ACHPER Victoria curriculum charts** and brainstorm what elements of your teaching and learning program could be taught to students whilst they are learning from home. Create an outline of the sorts of learning tasks that would support student development and build your planner from there.

Just think how our work week and daily schedule has been upended. Consider how it must be for our students. As we begin this process, it is vital to keep our planning simple and straight forward – but focused on learning at the same time.

What should lessons look like?

When it comes to designing lessons, rather than planning one full length weekly lesson, consider breaking it up into **mini lessons or activities** that students can participate in throughout each week to help them meet the expected **30 minutes of physical activity per day**. Keep tasks simple and aim to make them achievable for all.

Avoid **overloading** students with information, do not send them more than one week's worth of learning at once. These mini lessons could be sent out at the start of the week which would allow the students some choice in what they are doing or they can be shared daily, which would mean they are a little more prescriptive. The use of a tracking timetable could be useful in helping students to ensure they are meeting the required amount of activity per day **click here** for an example of a tracking time table that could be used for young students.

Choose which model would work best for your community. Include a **variety** of tasks and ensure you offer live and pre-recorded materials for students who have access to **technology** and support materials for those students who do not have the ability to access online material. Aim at offering students anywhere between 3 and 5 activity options per week, which they can do at time that suits them. This should be easy to set up and have a go at, and should draw on materials that can be found easily in and around homes (for example using clean bundled socks or balls of wool for indoor balls).

Sharing lessons and engaging with students

There are many options available to share. If you visit the Victorian Department of Education and Training's (DET) website you can find out more information on the platforms available (**click here** to visit the DET's learning from home web page).

It is essential that you provide students and families with information on how and when they can make contact with you. It is important that this is structured (see example of our planner below) as this will help to establish clear boundaries for students and parents around their expectations of you as the educator.

It can be useful to provide families with a schedule on what is expected from students. Be mindful that parents are not teachers and will likely be working from home themselves, so make sure students can access the learning without need for parents to 'teach it' to them. Decide on a format that works for you and your school community.

Below is an example of what a teacher's day might look while when planning for home learning >>

A snapshot of what a teacher's week might look like...

9:00 – 9:30	9:30 – 11:00pm	11:30 – 1:30pm	2:30 – 3:30pm
Daily activity shared with students. They can complete them during this time or at a time that suits them best.	Planning time: ▪ Creating resources ▪ Professional readings ▪ Teacher collaboration	Student feedback : Checking Google Classroom or other platforms – providing student feedback	Online student meetings – available for a different year level each day WebEx / Zoom / hangouts

A snapshot of what a mini lesson might include...

Resources / equipment	Purpose	Activity	Support / feedback
A list of the required resources and equipment. Include suggested in home modifications e.g. use socks as a ball.	Learning Intention and Success Criteria – this will look different to the normal classroom but still needs to be included in some way in your delivery.	Clear description of activity. This may be in written, audio or video format. Demonstration will be very useful for students.	Students need to know how they can share their learning with you, make contact and most importantly receive feedback from you.

Here are some ways in which you might share material with students:

- **G-Suite: Drive, Forms, Slides, Docs, Sheets etc.** are great for student collaboration across different documents. Working in 'real-time' so you can see other people's work.
- **Google Classroom** assignments or uploads. Excellent for sharing tasks and pre-recorded videos.
- **WebEx** or **Google Hangouts** for live video conferencing for student and teacher collaboration.

As ACHPER Victoria continues to support you in your remote learning we would love for teachers to share with us their triumphs and their tears. If you have any remote learning activities to contribute to our **Google Drive Activity Resource**, please contact our Professional Learning Manager, Bernie Holland via **email** or phone 0411 268 902.

Find all TOTWs in the series here and to access ACHPER Victoria's HPE at Home Resources click here >>