

REFLECTING ON SIX WEEKS TEACHING AT HOME

Where were you six weeks ago and where are you now? Resilient, generous, supportive, determined, curious, community-minded, responsible. We often use these words when describing traits and characteristics we want our students to demonstrate in their response to schoolwork and towards their relationships with family, friends and the wider community.

The purpose of this Tip of the Week HPE (TOTW) is for you to take a step back and reflect on the many challenges you have faced and overcome in the past six or more weeks.

Through the many and varied communications we have had with the ACHPER Victoria family, we have been, and remain, amazed with the spirit, generosity and total commitment towards the students they teach, their wider school community and colleagues in the HPE community. Even this week, our PL Manager Bernie continues to receive additional resources from teachers to upload into the [ACHPER Victoria Google Drive](#).

If all of us could go back in time and predict how the past six weeks have unfolded, we are confident very few of us could have predicted the journey we have been on. The ACHPER Victoria office has been closed for five weeks and we have all been working from home. We have moved from a pretty chaotic first week where we reset our goals for the year, realised some of our major sources of income were out the window and set about doing what our mission is - to support teachers to deliver quality HPE.

Much like you, we don't know what the next little while holds for us, but we are pretty excited about the challenges ahead. We also know we couldn't have been as effective as we have been without your support.

Thank you to those teachers who immediately provided resources to share on our Google Drive, those who are still sending resources in, and those who have provided considerable expertise in developing new resources. Thank you to the teachers who have been a sounding board for our team in the development of each week's TOTW.

A big thanks also to those providing us with feedback (pretty much all positive! 😊) and encouragement to continue doing what we are doing.

As we continue to promote the educative aspects of all things physical, we have really enjoyed being able to support teachers in linking the activity they were planning to do to an educative purpose.

A couple of weeks ago, one of our team members was contacted by a teacher who had produced an aerobics video. She had developed a good aerobics video, and it placed the teacher as the deliverer of content to her students (awesome).

We asked the question: "How are you going to link it to one of your learning intentions?" The teacher gave this some consideration and it warmed our hearts when we received an email last Thursday from this same teacher, and a clip of what she is up to now!

"Thanks for helping give some feedback from my previous aerobics clip, I appreciate you suggested the educative component. This [video](#) is what I am sharing this week."

We are sure many of you have experienced a full range of emotions these past six weeks. We think it would be a great activity to spend some time in reflection – either by yourself, with some of your colleagues or perhaps your entire specialist or HPE staff members.

To encourage you in this process, find below some questions to prompt your reflection, and some reflections teachers have shared with us:

Primary HPE teacher: This teacher was called by the foster mother of a girl in one of her foundation classes. Turns out the child and parent have watched the 54-minute video of her weekly PE lesson every single day. Why? When the girl feels stressed and anxious, the voice of her PE teacher has a calming effect!

VCE PE teacher: Reports receiving more work from many of his students, in particular some who rarely submit work in a timely manner. He has more time to provide feedback to and work with these students.

Secondary HPE teacher: Is finding it really challenging to provide the pastoral support to those students who really need the social network of school. However, he is learning more about the needs of his students that will help him in the long run.

Secondary Principal: Her staff have been reporting that many students who rarely speak in class are finding their voice and asking questions in the online forum.

Primary HPE teacher: Shared an improvement in his ability to question as the means of communicating with his students has changed so dramatically. He has recognised his teaching was largely activity driven with little questioning, and is discovering how he can build this in more when he returns to face-to-face teaching.

Reflection questions to consider:

- What have you learned about yourself as a teacher?
- What have you tried which is new?
- What has been your greatest frustration?
- Is there anything you have done which you never thought you would?
- What challenges have you faced?
 - ICT capabilities
 - Knowing what to teach
 - Assessment of students
 - Communication with students
 - Support of peers and leadership
- What have you learned about your students, about their parents, family and home environment?
- Have students have exceeded your expectations? Why?
- What positives you have experienced in your personal life?
- Can you take these into your 'normal' life moving forward?
- What is one thing from this experience you will take back into your "normal" teaching / life?

Please share with us 😊

Do you have a reflection to share? How else can ACHPER Victoria continue to support you in your work, now and when you return to school? We would love to hear your ideas.

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 Resources](#), please contact our Professional Learning Manager, Bernie Holland via [email](#) or phone 0411 268 902.

Find all TOTWs in the series released to date [here](#) and to access all ACHPER Victoria's HPE at Home Resources please [click here >>](#)