



SHAPE America

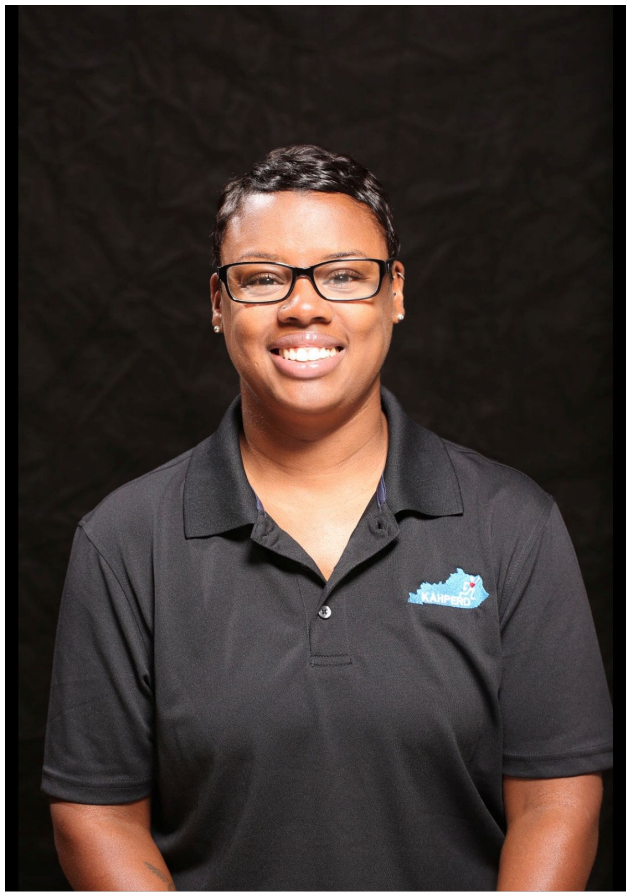
TEACHER

— of the —

YEAR

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LADONDA PORTER
BEAUMONT MIDDLE SCHOOL
14 YEARS

2018 KYSHAPE MS TOY
2020 SHAPE SOUTHERN DISTRICT MS TOY

How I "Virtualized"

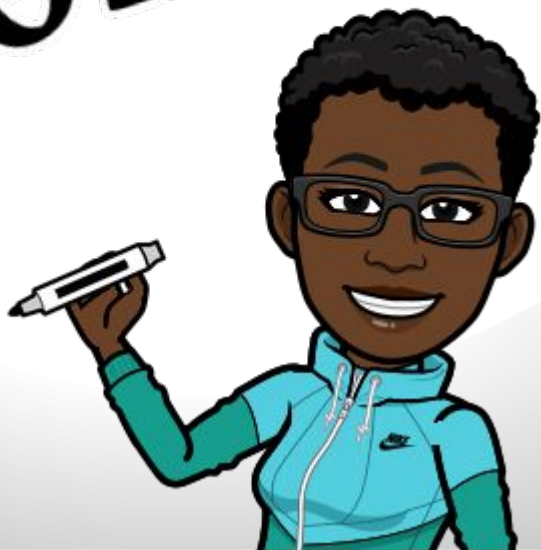


heal+h.moves.m!nds.™



heal+h.moves.m!nds.

AGENDA



Agenda:

Dissect one of the Health Moves Minds
Lessons for Remote Learning

Outcome:

Utilize one of the tools presented to
“virtualize” any lesson.

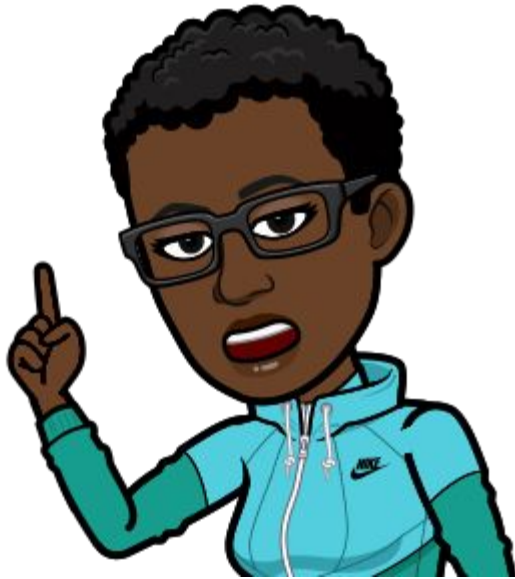
How can I take the Health Moves Minds lessons and truly make it all virtual?

- Wanted to give them as close to the same experience as being in person.
- Wanted all activities to be in class.

PROBLEM



First of all...



Addressing the lessons

I looked over each lesson and
did a little rearranging

Intro

Fitness

Lesson Focus

Closure



Here is a typical virtual
HMM lesson

Lesson 1: Mindfulness
and Myself



Here is what I
did. . .

Intro activity: Kind of a Warm Up

Fitness Focus: Kind vs Negative
Messages Cards

Lesson Focus: Build A Structure

Closure: Mindful Minute

Intro activity: kind of a warm up



Same concept as virtual but . . .

Instead of live streaming the lesson and students did an activity and I private message them a kind message

I had my students jog in place with a cue, when it told them to rest, I presented all of them a kind message card.

We continued for an allotted time.

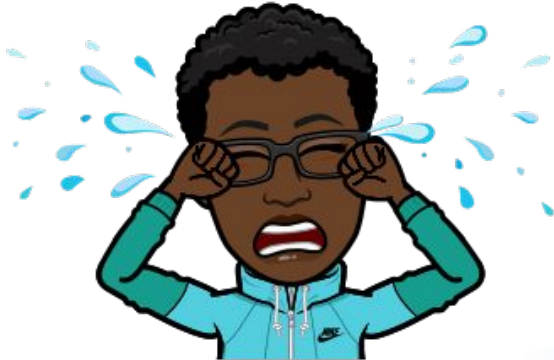
At the end I asked the discussion questions from the in person lesson.

Intro activity: kind of a warm up



Intro activity: kind of a warm up

HOW'D YOU
DO THAT?



1. Copied each kindness card from HMM resources into a google slide
2. Followed this youtube link to randomize the cards
<https://youtu.be/Ye9IADO6Reg>
3. Played the slide show as I screen recorded using
www.loom.com
4. Uploaded into my YouTube channel
5. Created a new slide show presentation with my kindness cards and embedded a timer and published to the web (so the kiddos cannot manipulate).

Fitness focus: kindness vs negative messages card

FITNESS FOCUS



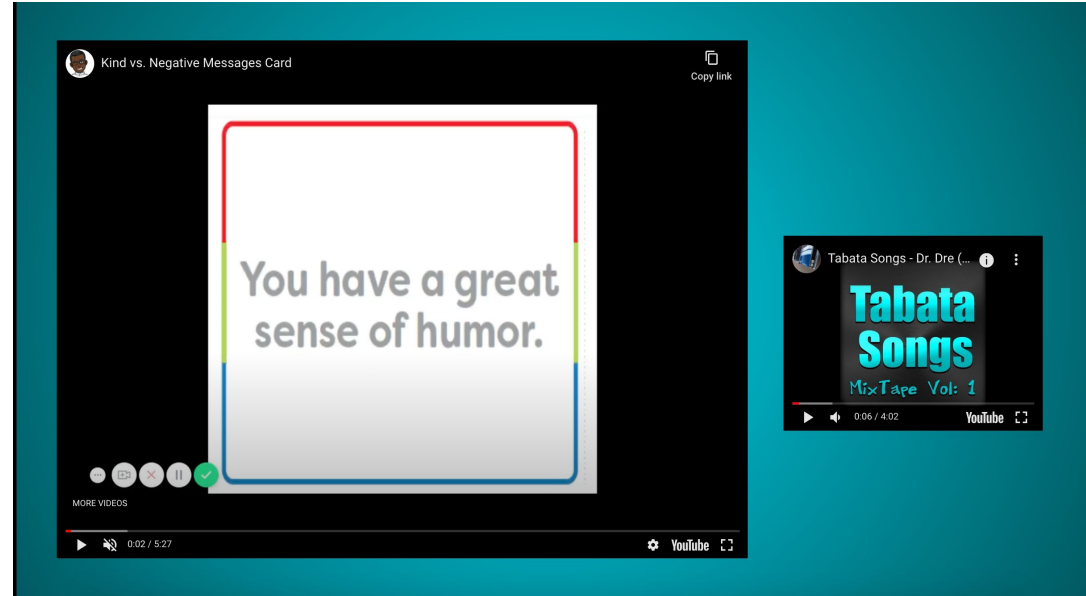
Same idea as Kind of a Warm Up but I made into a Tabata style workout

Students were given an exercise for when I drew a kindness card and a different exercise if I drew a negative message card

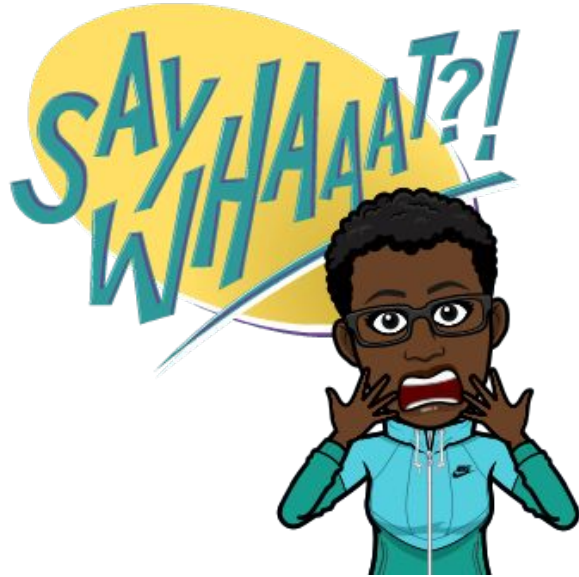
We continued for an allotted time.

At the end I asked the discussion questions from the in person lesson.

Fitness focus: kindness vs negative messages card



Fitness focus: kindness vs negative messages card



1. Copied each kindness and negative messages card from HMM resources into a google slide
2. Followed this youtube link to randomize the cards
<https://youtu.be/Ye9IADO6Reg>
3. Tabata workout music from youtube:
<https://youtu.be/vlvEAWggAPw>
4. Played the slide show as I screen recorded using www.loom.com
5. Uploaded into my YouTube channel
6. Created a new slide show presentation with the cards and embedded a timer and published to the web (so the kiddos cannot manipulate).

Lesson focus: build a structure

LESSON FOCUS



Instead of students working in groups, I had them work individually.

The focus for me was to have them practice giving kind messages and then reflect on the messages that were given to them based on the structure they built.

Lesson focus: build a structure

Created a [google slides](#) for each class.

Each student had their own slide with the same equipment.

Shared the link to students. Create structures with their slide.

Gave three compliments to three different students and had them focus on someone they normally wouldn't talk to.

Take a look at the three compliments they received.



Lesson focus: build a structure

EXAMPLE



J

wow good job on this!!!



i like how the hula hoop is at the bottom
good job!!



M

I love how the pool noodle is on the
cone



WOW! I love the pool noodle balancing



Closure: Mindful Minute



Didn't utilize the emoji rating scale like in lesson 1

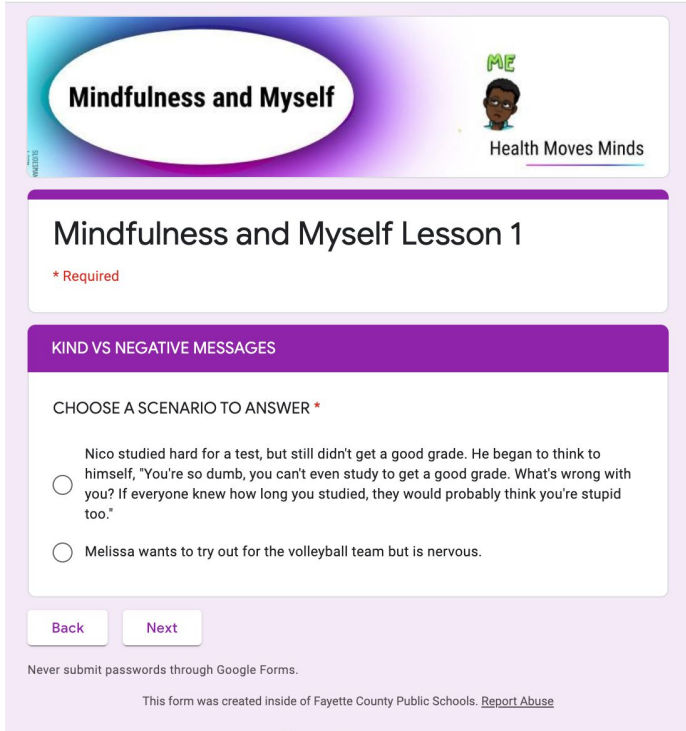
Introduced that in lesson 3

I was already using a mindful minute in my classes prior to HMM

Use: to bring the body back down to pre-PE levels before they transitioned to the rest of their classes.

Later in the unit, I discussed in a little more detail what a mindful minute can be used for.

Assessment



The screenshot shows a Google Form titled "Mindfulness and Myself" with a purple and blue gradient header. In the top right corner, there is a small cartoon character and the text "ME Health Moves Minds". Below the header, the form title "Mindfulness and Myself Lesson 1" is displayed, followed by a red asterisk and the word "Required". A purple section header reads "KIND VS NEGATIVE MESSAGES". Below this, the instruction "CHOOSE A SCENARIO TO ANSWER *" is shown. Two radio button options are listed: the first describes Nico's negative self-talk after a poor test grade, and the second describes Melissa's nervousness about trying out for a volleyball team. At the bottom, there are "Back" and "Next" buttons, a note about not submitting passwords, and a footer stating the form was created in Fayette County Public Schools with a "Report Abuse" link.

Mindfulness and Myself

ME Health Moves Minds

Mindfulness and Myself Lesson 1

* Required

KIND VS NEGATIVE MESSAGES

CHOOSE A SCENARIO TO ANSWER *

☐ Nico studied hard for a test, but still didn't get a good grade. He began to think to himself, "You're so dumb, you can't even study to get a good grade. What's wrong with you? If everyone knew how long you studied, they would probably think you're stupid too."

☐ Melissa wants to try out for the volleyball team but is nervous.

[Back](#) [Next](#)

Never submit passwords through Google Forms.

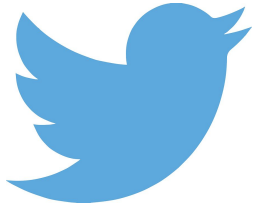
This form was created inside of Fayette County Public Schools. [Report Abuse](#)

In the first lesson of HMM there are some scenario questions.

I created a google form for students to answer at the conclusion of class to assess for understanding.

They got to choose the discussion questions they wished to answer.

Questions. . . .



@lporterPE



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THANKS





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