

# Episode #5 RESOURCES

## Best Practices for Teaching Health and Physical Education with Physical Distancing in a Virtual Setting

### Sample Week and Lesson Structure

**Submitted by**

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**National Standard(s)**

**Grade Level Outcome of Performance Indicator**

**Activity Objective**

A tool for teachers to maintain a similar structure and experience for students, regardless of in-person, hybrid or virtual learning settings

**Grade(s)**

High school

**Materials**

<https://drive.google.com/file/d/1hHP-65ekbxZ7k-mMrr4931n0spT-JvVR/view>

**Activity Description**

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