



*Creating an
Engaging
Curriculum
During a
Pandemic!*

By Adam Mullis

About Me



- Health and Physical Education Teacher at Griffin Middle School
- BS in Physical Education
- MS In Education, Curriculum, Assessment, and Instruction
- Ph.D Candidate - Health Education and Promotion
- 6th year of Teaching
- Co-lead Teacher of Middle School Health and Physical Education for Richland One
- CMS Teacher of the Year – 2019
- SCAPES past president

Goals

- Tell you some of the things that have been successful for me in the 2020-2021 school year.
- Give you one or two ideas you can use in your situation.



Warning

- I am not an expert!



How I have Taught During this Pandemic

- 6th-8th grade.
- Completely asynchronously
- Online Synchronously
- Face to face Students and online students at the same time
- 50 and 90 Min classes
- Microsoft Teams
- Zoom Classes
- Can't use equipment
- Taught outside, in a large room, and gym.



2020- 2021 Might Feel Like ...Fall Forward



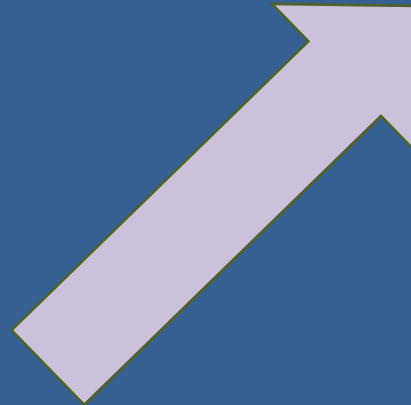
What can I control?

- My attitude
- My effort
- My lesson plan
- My curriculum



What I cannot control?

- COVID - 19
- Students showing up to class
- Students participation
- Student turning camera on
- Schools online or not?



Things to consider

- How are children?- SEL
- Empathy
- Equitable
- What standards are “most important?”
- Education + Entertaining
- Keep it simple and add
- Time on a computer screen



Our “Big 7”

- Enjoy Exercise
- Why exercise is important
- Fundamental exercises
- Goal setting
- Get moving outside of Physical Education class
- Reflections
- Health and Wellness



All students:

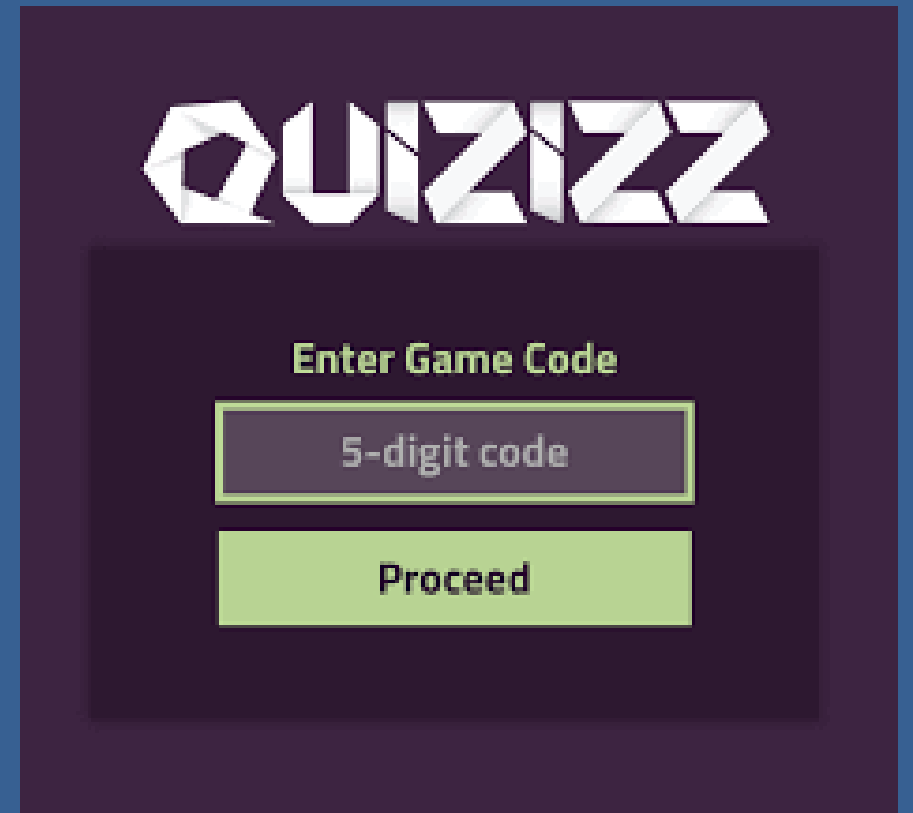
- Taught basic exercise they can use for a lifetime: Push-up, squats, curl-up, lunge.
- Why exercise is important: brain function, physical benefits, mental benefits...
- Goal setting
- Physical Activity Log
- Portfolio Sheet
- Line Dance , and creative
- Make your own practice
- Paper ball drills
- Why?



FlipGrid

- Students Intro
- Teaching Dance
- Create your own dance
- Push-up, Squat Assessment
 - Skill Assessment
- Teach Yourself a Skill
- Sports Report





“Field Trips”

VIRTUAL PE FIELD TRIP #2-SILVER COMET TRAIL



Guess the Emoji

1 GUESS THE FLAVOUR! **24**

 +  + **E**

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0:30 / 6:40



Paper Ball Challenge

- 1 hand
- Back of hand
- Other hand
- Off the elbow
- Behind the back
- Clap competition
- Clap, elbow, elbow





Labs

- Allow student to test a Sports Related Component of Fitness.
 - Broad Jump
 - Vertical Jump
 - Clap Push-Up
 - How far they can throw or kick an object
 - Try a skill



Paper Ball Game

- 1 hand – 4 times
- Other hand– 5 times
- Back of hand– 3 times
- Back of other hand – 4 times
- Over the shoulder - – 4 times
- Clap, hit, hit, catch- – 6 times
- Repeat if you can



Scavenger Hunts/ Show and tell

- Have students find something and show it on camera
- Have the option to tell me something in the chat.
- “Go find something that makes you happy”
- Find something “Blue”
- Show me something special to you
- Show me your favorite snack
- Show me your pet



Sports Moment

- Even if they can't play it, they can learn about it
- International sports



“Face to Face” Students



- Equipment:
 - Clean hands before and after
 - Can not share
 - Clean equipment after
 - Do not use the equipment 2.5 days
 - Drills students can do without sharing equipment
 - Dribbling
 - Paddles/ rackets
 - Soccer/Paddle Golf
 - Disc Golf
 - Throwing and catching with a wall
 - Challenges
 - Net/wall Games

Assessments

- Portfolio/ Fitness Log Sheet
 - Reflection questions
 - Goal setting related to FitnessGram
- Basic form of push-up, curl-up, lunge
- Quiz
- Participation?!?!?



What is the point of a grade?



Things to consider?

- What are we grading?
 - Wifi
 - Tech skills
 - Obedience
 - Learning/ Standards
- Should we allow students to turn in “work” late?
- Does a grade matter during a pandemic?
- Teachers upset?

What “We” Do!

- Warm-Up- Dynamic
- Fitness Test- Goal Sheet
- Skill Work
- Health Moment
- Cool Down
- Reflection Time



Why We Do It



- **Exercise:**
- **Modified push up- regular push-up, hand release push-up**
- **Squat with chair, squat, jump squat lunge, side lunge, backwards lunge, single leg squat switch lunge**
- **Curl-up, sit up, v-ups**
- **Plank, side plank**
- **Bridge**
- **Dynamic moves**
- **Skip, far high, A skips**
- **Shuffle**
- **Karaoke, high knee**
- **ACL Hops/ hops forward**
- **Fall sprints**
- **Jump Runs**
- **Backwards run**
- **Lunge jump**
- **Spiderman lunge**
- **Back pedal and turn**
- **Run touch and turn**

Why We Do It

- **Dance**
- **Line dance**
- **-Cupid shuffle**
- **-Cha Cha Slide**
- **-Biker Shuffle**
- **-Footloose**
- **Make up your own dance**

- **Rules and expectations**
- **FitnessGram**
- **Health Related Components of Fitness**
- **Why exercise is important**
- **Training principles**
- **FITT**
- **Healthy Eating**
- **ATOD**
- **Stress Management**
- **Internet Safety, Safety, Bullying**
- **Weather Safety**
- **Sports Related Components of Fitness**



How Can You Impact Your School?

- Grants
- Wellness Week?

GMS WELLNESS WEEK

Mindful Monday

Wear your favorite lounge wear



Take a Bite Out of Wellness

Tuesday

Wear the color of your favorite fruit or veggie



Water Wednesday

Be sure to drink your water and stay hydrated today



Thoughtful Thursday

Wear blue or GMS gear for anti-bullying awareness



Fitness Friday

Wear workout or sports team gear



MARCH 29

TO

APRIL 2

Recap

- What is most important?
- What can you control?
- How can you make it fun?



Flip Grid



- Type in the link:
 - Tell me about a tool that you have used to engage students.
 - Feel free to comment on other people who have posted on the page!
 - <https://flipgrid.com/da6690b8>



Contact Information

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