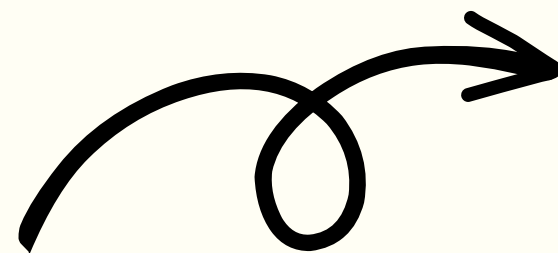


INACTIVE STUDENTS

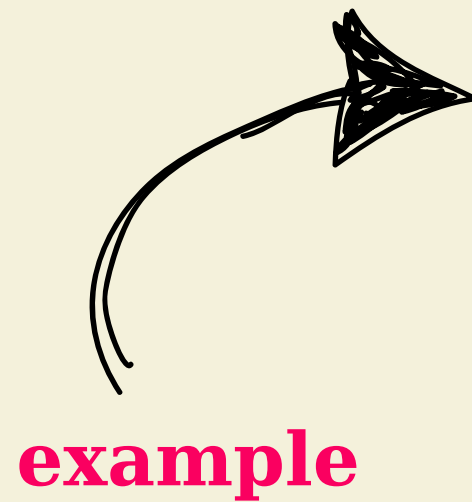


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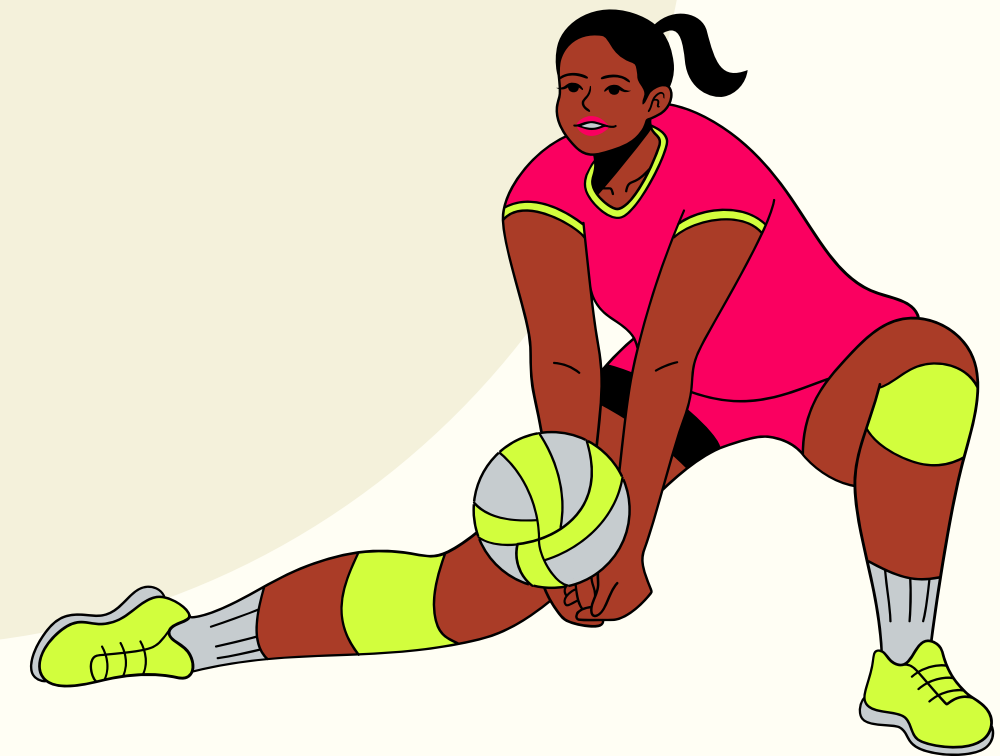
MODULE 3-

DIGITAL COACH

Learning objective:



- What teaching PE Online means?
- Key aspects to teach PE online (Tips)



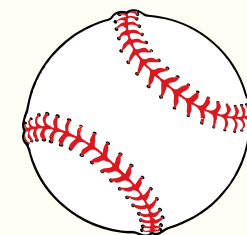
CONTENTS:

- Concept of teaching PE online
- Key aspects of teaching PE online



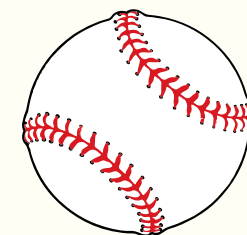
What teaching PE Online means?

Teaching physical education online refers to the practice of instructing students in physical education and fitness-related activities through digital means, such as the internet and various online platforms. This approach allows educators to provide physical education classes in a virtual or remote setting. It can include a wide range of physical activities, health education, and fitness instruction delivered through online communication tools and resources.



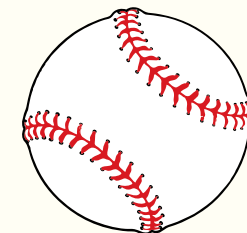
Key aspects to teach PE online

Digital Instruction: Teachers use various online tools, platforms, and resources to deliver physical education content. This can include live video sessions, pre-recorded videos, written materials, and interactive applications.



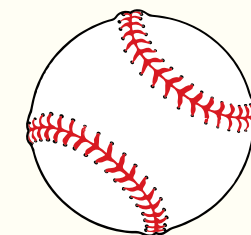
Key aspects to teach PE online

Virtual Classes: Teachers conduct virtual classes via video conferencing platforms like Zoom, Google Meet, or Microsoft Teams. In these sessions, they may lead workouts, guide students through exercises, and provide real-time feedback and support.



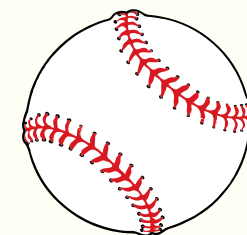
Key aspects to teach PE online

Understand Your Audience: Just like in a traditional classroom, it's essential to know your students. Understand their fitness levels, goals, and any special needs or considerations. This will help you tailor your online classes to their needs.



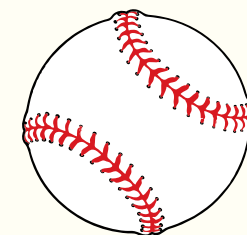
Key aspects to teach PE online

Create a Schedule: Set a consistent schedule for your online classes. This helps students plan and attend regularly. Be mindful of different time zones if you have a diverse audience.



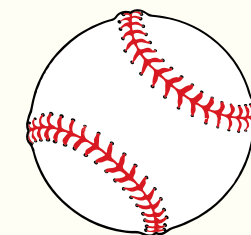
Key aspects to teach PE online

Plan Your Curriculum: Develop a clear curriculum that includes specific learning objectives, activities, and assessments. Ensure that your curriculum aligns with the goals and standards for physical education.



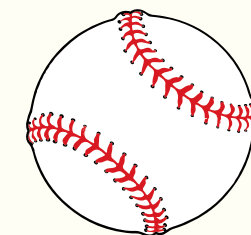
Key aspects to teach PE online

Use Visuals and Demonstrations: In a physical education class, visual instruction is crucial. Use a good camera setup to demonstrate exercises and techniques clearly. Consider investing in a tripod, good lighting, and a microphone for better video quality.



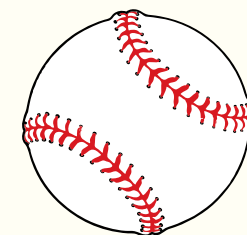
Key aspects to teach PE online

Engage Students: Keep your online classes interactive. Ask questions, use polls, and encourage student participation. You can also assign tasks and projects that students must complete and share with you.



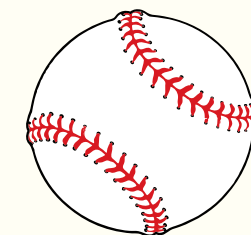
Key aspects to teach PE online

Variety of Activities: Include a variety of activities in your classes, such as aerobic exercises, strength training, flexibility exercises, and sports. Tailor your activities to the available space and equipment your students have.



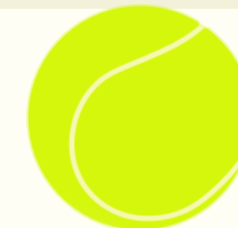
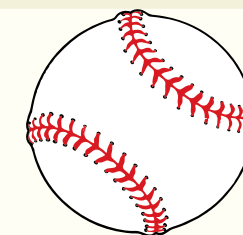
Key aspects to teach PE online

Safety First: Emphasize safety in all your lessons. Provide clear instructions on proper form and technique to minimize the risk of injury. Encourage students to warm up and cool down.



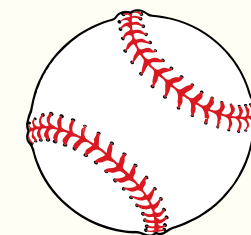
Key aspects to teach PE online

Adapt to Limited Space and Equipment: Recognize that your students may not have access to a fully-equipped gym. Adapt your lessons to suit limited space and equipment. Offer alternatives for exercises that can be done at home.



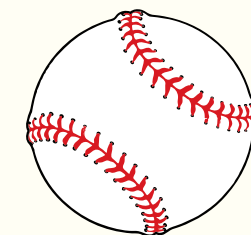
Key aspects to teach PE online

Assessment and Feedback: Develop methods to assess your students' progress. This can include online quizzes, video submissions of exercises, or self-assessments. Provide constructive feedback to help them improve.



Key aspects to teach PE online

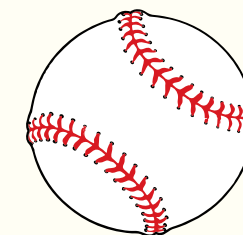
Communication: Maintain open communication with your students. Be available to answer questions and provide additional guidance when needed. You can use email, discussion boards, or a chat platform for this purpose.



Key aspects to teach PE online

Promote Healthy Habits: Encourage students to lead a healthy lifestyle by discussing the importance of nutrition, hydration, and sleep.

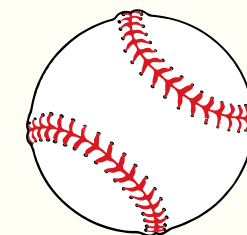
Stay Current: Keep up-to-date with the latest trends and research in physical education and online teaching methods. This will help you continually improve your classes.



Key aspects to teach PE online

Professional Development: Consider taking online courses or webinars related to online teaching, physical education, or technology tools to enhance your skills.

Feedback and Improvement: Regularly gather feedback from your students to make improvements to your teaching methods and the curriculum.



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**THANK FOR
YOUR
ATTENTION**
