



TEACHING VIRTUALLY

HEALTH and PHYSICAL EDUCATION

My name: Lorna Tremonti-teacher KPDSB

CURRENT ROLE:

I teach two sections of VIRTUAL PPL 100/200-from entire board-5 high schools

I have 54 students-who chose to learn from home-medical/geography/personal

I deliver my course each day from home-with special permission-family health concerns

Most of our virtual teachers deliver from their home schools-all of them have school based duty-most secondary teach in class ½ day, virtual ½ day

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KPDSB USES GOOGLE for course delivery

KEEP it simple

Easy to get caught up in cool technologies--but can be overwhelming for both teachers and staff

ESCAPE ROOM AND PE

THIS is a VERY stressful time-how can we support?

TAKEN from TWITTER OCT 21,2020

 David Inglis Retweeted



Brad Johnson @DrBradJohnson · 2h 

It's important for admin to never forget what it was like as a teacher, especially the tough/high stress times. This is beneficial in developing relationships with your staff that is so necessary as well as showing support & empathy during these unprecedented high stress times.



FROM a leadership perspective:

BE available--open google meet times! (DROP in) My virtual admin receives emails all day....does not always get to them.

[LISTEN HERE!](#)

Have a collegial google chat-**most problems** solved within

PD-needed -***on the spot***-GOOGLE meet plus-taped session

All teachers **able to attend** leaving asynchronous work-for start -up issues



How are you going to handle **OCCASIONAL** teachers?

If you have them? Principal is a teacher **on google classroom**-and we share with them (OCCASIONAL TEACHER EMAIL)

DON'T have them? Teachers are prepared to leave **asynchronous** lessons-google

TOP 5 TIPS from a VIRTUAL Teacher in the trenches!

#1



BUILD RELATIONSHIPS!
HOW are you doing? (mentor
check-ins/partner pals)
BRING your TEACHER game
BEGINNERS-all of us are there!

EASY to Get Overwhelmed!

#2



1. Build a routine
2. COVER big ideas
3. USE available resources!
4. SNORT
5. Takes 3 times longer?

THIS is a SAFE Space!



MENTAL HEALTH 

MOVEMENT BREAKS

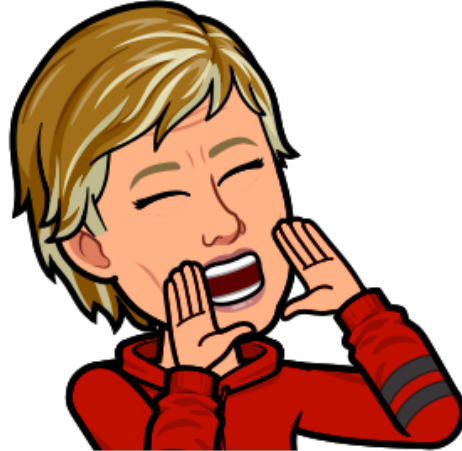
CAMERA OFF-ARRIVE
EARLY TO CLASS

Snap shots/TELL ME/
SHOW ME/Screen
Casting!

CHOICE and VOICE!

#4

VIDEO STARS!



SO MANY OPTIONS!



**WHAT a great
OPPORTUNITY to PUT a
HPE STAMP on
JOY of MOVEMENT
and
HEALTHY LIVING
STRATEGIES!**

THANKS!

Please feel free to contact me if there was something you liked!



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Keewatin Patricia District School BOARD

https://docs.google.com/presentation/d/e/2PACX-1vRC5bvTtr3kl2NbFlyqz2VxhiyKs_7qy6XbSJJr9lYqFTCN022yAAEcJ-BV53ubX-W8S08jXjwIY2QC/pub?start=true&loop=false&delayms=3000&slide=id.ga694c29b12_0_0