CREATING "THIS OR THAT” PE WORKOUT

**THIS OR**

THAT?

***Directions:*** Remember that this workout might not be suitable for all PE curriculums. It is a great creative way to engage with this activity!!

***1. Add APP 2. Screen Recorder 3. Add YouTube timer 4. Pictures 5. Holding students accountable: Microsoft forms/Polly (Microsoft Teams)/Survey poll (Zoom)***

▶ A. Download GIPHY APP ▶ B. Name: GIPHY: GIF & sticker keyboard & Maker

▶ C. Download the APP and get started with the

excitement!!

▶ How to create a GIF ▶ 1. Go to the “Create” button on the top right of APP ▶ 2. Hold the “Capture” button for the full time ▶ 3. Hit the “→” arrow to finish upload ▶ 4. Next click on your GIF or picture to upload from APP to your phone or device. ▶ 5. Click on the “3 dots” on the bottom right to save GIF to phone. ▶ 6. Insert picture to any powerpoint/google slide/sway by clicking the “insert” picture in your PowerPoint program side

▶ 1. EXAMPLE GIF ON SLIDE. 2. “Insert” or “drag” GIF from desktop to slide

▶ Screen Record Applications: ▶ A. Screencast O Matic B. Powerpoint Recording C. Realtime Player (MAC) D. Google Slides (I have not figured out their recording) ▶ 1. Screencast O Matic is the best with recording your background music to your video. ▶ 2. PowerPoint Recording- Powerpoint recording does a decent job as well. Sometimes sound can be off. ▶ 3. Realtime Player or MAC video maker is very good. ▶ **KEY POINT: You will have to click to the next slide manually during the recording.**

▶ **1. Go to YouTube and look for any timer (EX: 15 second Timer).** ▶ **2. “Copy Link”**

▶ **3. PowerPoint: Go to “Insert”, then go to “video” under media all the way**

▶ **To the right (Make sure to find a youtube video that is exactly the time.**

▶ **It is difficult to trim the video to your liking. Make sure to click on**

▶ **“YouTube Video” in powerpoint and go to “playback” option on top, go to**

▶ **“Start” and scroll to “Automatically” to have timer start.** ▶ **4. Google Slides and Realtime Player is easier** ▶ **For trimming the video to desire length for timer** ▶ **And a “checkmark” to automatically play video.**

**1. Find pictures on Google**

**search 2. Insert pictures that students would choose “This or That” 3. Line up pictures with names. 4. Put YouTube timer or any**

**timer in middle of page. 5. EXAMPLE to the right**

**1. I use Microsoft Forms/Polly (Microsoft Teams) or questions/survey on Zoom to hold students accountable 2. I make sure they write out the objective, FITT principle, muscle groups, and certain parts of the video that were the hardest. 3. I admit remote learning is not perfect when it comes to holding students accountable. We have live classes during online learning and I have my students dress down during that time and do the workout. 4. Afterwards, the students have to fill out the form as their “Exit ticket” to get credit for the class. 5. Finally, a great way to see if they are doing the workout is utilizing the Flipgrid APP!! The students can record their favorite movement of the workout.**