

PDIG FINAL REPORT

Competency 1 in High School Physical Education and Health

The screenshot shows the LCEEQ website interface. At the top, there is a navigation bar with the 'learn' logo and links for HOME, FR, EN, SUPPORT, CONTACT, NEWSLETTER, and CLC. On the right, there are input fields for USERNAME and PASSWORD, and a LOGIN button. Below the navigation bar, there are three main menu options: I WANT TO TEACH, I WANT TO LEARN, and I WANT TO HELP. The main content area features a purple header with the text 'PERSONAL DEVELOPMENT Fitness Education'. Below this, a breadcrumb trail reads: I WANT TO TEACH > SECONDARY > PERSONAL DEVELOPMENT > PHYSICAL EDUCATION & HEALTH > FITNESS EDUCATION. The central focus is a large image titled 'Fitness Ed 2019' with the subtitle 'A cross-board @lceeq PDIG involving #emsb #etsb and #lbsb'. The image shows three people (two men and one woman) sitting around a conference table with laptops, engaged in a meeting. Below the image are logos for the Eastern Townships School Board, the Centre for Learning and Innovation, and LCEEQ. A paragraph of text explains that the resource website was created through a Professional Development and Innovation Grant in 2019 and is continually updated. It lists the team members: teachers Don Kerr (ETSB), Julie Ramundo (EMSB), and John Cameron (LBPSB), along with consultants Katherine Baker (EMSB) and Veronique Robidas (ETSB). At the bottom, there are four circular icons representing different resource categories: Lesson Ideas for Fitness Education (green), Fitness Appraisals/Tests (purple), Assessment Tools (teal), and Student Fitness Plan Template (blue).

HOME FR | EN SUPPORT CONTACT NEWSLETTER CLC USERNAME PASSWORD LOGIN

I WANT TO TEACH I WANT TO LEARN I WANT TO HELP

PERSONAL DEVELOPMENT
Fitness Education

I WANT TO TEACH > SECONDARY > PERSONAL DEVELOPMENT > PHYSICAL EDUCATION & HEALTH > FITNESS EDUCATION

Fitness Ed 2019
A cross-board @lceeq PDIG involving #emsb #etsb and #lbsb

Commissariat scolaire English-Montreal
English Montreal School Board

Centre for Learning and Innovation
LCEEQ

Eastern Townships
School Board

This Fitness Education resource website was created through a [Professional Development and Innovation Grant](#) in 2019, and it is continually growing and being updated. The team was made up of teachers Don Kerr (ETSB), Julie Ramundo (EMSB) and John Cameron (LBPSB), and consultants Katherine Baker (EMSB) and Veronique Robidas (ETSB).

Lesson Ideas for Fitness Education

Fitness Appraisals/Tests

Assessment Tools

Student Fitness Plan Template

Submitted by Katherine Baker, May 2019

1. **Project Description.** Describe/show to what degree the project was carried out as planned. Include what went well and what proved to be a challenge. Include a synthesis of your journal entries.

This project was modified and not carried out exactly as planned. In our proposal, we identified the creation of a Learning and Evaluation Situation for Competency 1 of the PEH program. However, one of our actions on Day 1 of the project was to create [this google form](#) to find out more about what high school teachers' needs are. On day 2 we spent two hours reviewing and discussing the responses from the 32 high school teachers who answered the survey. When questioned on what kind of resource they would benefit most from, only 25% indicated a full LES, whereas 87.5% indicated Lesson Ideas. Resources for formative assessment (43%) and summative assessment (40.6 %) were also indicated as something teachers could benefit from. In supporting Competency 1 at the high school level, we therefore shifted from the creation of a full LES to the creation of a website that features different sections that include lesson ideas, assessment ideas, and summative assessment student handout packages. We contacted the Physical Education and Health support (Paul Rombough) at LEARN Quebec and he lent his full support to housing the website on LEARN and doing the work to set it up so that we could fill the content.

Work on the website progressed well. On Day 3 we identified the 10 different sections of the website as well as which ones would be "feature" sections. We worked in teams of two and developed separate sections of the website. On Day 4 our LEARN support has already created the basis of the website. We skyped with him to clarify the functionality of how we were getting our content up on the site. It ended up that we could directly house the Padlets and Google Docs we had been working on directly on the site, which was excellent for efficiency and also the ability to continue to add to the website. We scheduled our final two work days back-to-back to maximize time.

Unfortunately due to unforeseen circumstances, two of our group members could no longer continue in the project after the first meeting day, so we were a group of 3 teachers (plus two consultants) instead of 5 teachers for the remaining four days of the project.

We used Google Drive to house multiple folders with our work/resources. Here is a screen shot of our google drive folder:

Name	Owner	Last modified	↓	File size
 Fitness Formative Assessments - Giles & B...	me	Apr 12, 2019	me	–
 K & J - Good ones for our Web site :)	Veronique Robidas	Apr 11, 2019	me	–
 Fitness Articles	me	Mar 14, 2019	me	–
 Documents in Progress	John Cameron	Mar 14, 2019	John Cameron	–
 Fit. based websites	Donald Kerr	Mar 14, 2019	Donald Kerr	–
 Visuals	me	Mar 14, 2019	me	–
 Poster ideas	John Cameron	Mar 14, 2019	John Cameron	–
 Sample Student Fitness Plans	me	Mar 14, 2019	me	–
 Lesson Plans from Nat Benvenuto	John Cameron	Feb 10, 2019	John Cameron	–
 Fitness Education - WEBSITE LAY-OUT	me	Apr 11, 2019	julie ramundp	–
 Apps for PE	John Cameron	Apr 11, 2019	Veronique Robidas	–
 Copy of Fitness Education Resource W...	me	Mar 14, 2019	me	–

2. Project Goals. Describe/show to what degree the goals of the approved project were met. If the goals were only partially met or not met at all, describe the reasons for this.

The goals of this project were met, in that we created a resource to support the integration of Competency 1 in High School Physical Education and Health programs. The website will provide teachers with a centralized location to access lesson ideas, assessment ideas, and other web-based resources (websites, apps, Fitness Education specific blogs and webinars, etc.). It will reduce the amount of time teachers need to spend searching for these resources individually. We created or modified assessments tools to align with the Frameworks for Evaluation, so tools that align with the QEP was also a goal that was met.

3. Project Outcomes. Describe/show the gains that the participating teachers achieved through this project.

Being a member of a PDIG team significantly enhances pedagogical understanding of the QEP through the number of discussions that happen around the table as the resources are co-created. Different perspectives are presented, discussed and provided for reflection. The discussions between the individuals participating in this project were rich and lead to reflection

on teaching and learning practices as they relate to fitness education. Through the website creation process, the following gains were achieved by team members:

- enhanced understanding of resources available to support Fitness Education
- deeper understanding of different instructional methods
- increased knowledge of different lesson ideas for fitness education
- enhanced understanding of Competency 1 of the PEH program
- enhanced understanding of Formative and Summative assessment tools aligned to the frameworks for evaluation

4. Reinvestment Clearly describe how the resources created and/or the learning achieved by the participants can be of benefit to the educational community at large. If applicable, comment on whether or not this project should be carried out by other teams and if so, how it could be improved.

The website is available for access to all members of the educational community. Once it is finalized (June 2019), it will be “launched” and circulated within various communication channels to serve as a resource for teachers moving forward. It will also be “live”, in that as new high-quality resources or assessment tools are discovered, they will be added to the site.

Resources:

Link to Fitness Education Website that was created (with sections still being finalized):

<https://www.learnquebec.ca/fitnessed>