

3-Hour Self-Paced Online Course for Grade 4 to 8 Teachers



GREEN EXERCISE: Gateway to Social Emotional Learning



Brought to You By Ted Temertzoglou
@lifelsAthletic

he / him



Who is this Course for?

Grade 4 to 8 teachers who want the skills to avoid burnout and...

- create a safe, inclusive, culturally responsive environment
- build grit, resilience, self-awareness, self-management in all their students
- bridge the learning gap for their students
- use the latest science on HIIT's effects on the brain & SEL
- utilize the newest science on "Green Exercise" & Nature-Deficit Disorder
- use an interdisciplinary (cross-curricular) approach
- increase students' well-being and your own.

What Do You Get?

- 1 – 20 Page interactive digital &/or printable Time-Stamped Course Workbook (colour or black and white) to document your learning journey
- 1-20 min Pre-Module Introducing Equity, Diversity, Inclusion framework used throughout the course and a personal reflection Land Acknowledgement
- 3-45 minute pre-recorded Modules facilitated by Ted
- 75 slides, 25 from each Module, to use with your students
- 9 Editable Worksheets (for student use)
 - Zander/Klein Letter
 - Finding Target Heart Zones for Children (moderate & vigorous)
 - HIIT Creation Template
 - 24-Hour Movement Guideline Colouring Tracking Sheet(s)
- 2-Perceived Exertion Classroom Posters (PDF)
 - 1 pre-populated
 - 1 customizable
- 4-Prerecorded "Challenge-By-Choice" HIIT Workouts (Leveled for Developing, Emerging & Accomplishing-Students)
- 18-SEL lesson ideas connecting to Math, Literacy, Technology, Physical & Health Education, Science & Social Studies
- 1-49 page Editable student "My Super Me Student Playbook."
- Certificate of course completion



Using the "WHY, WHAT, HOW" framework, each module covers the following:

Pre-Module: Framed around Dr. J. Halas' work, this module uses guiding questions to help us create Equitable, Diverse, Inclusive, culturally responsive classrooms while demonstrating how Personal Reflection can be incorporated into our Land Acknowledgements.

Module One: (THE WHY) Our Purpose & Meaning

The science of how our Social, Emotional Well-being is affected beyond the COVID-Pandemic. Explains "why" HIITs are another way to build grit & resiliency as a class using "Green Exercise." Topics covered include:

- The Two-Pandemics
- Metabolic Syndrome
- Brain Function & Nature's Influence
- Red/Blue Brain Thinking
- Unpacking Social-Emotional Learning (SEL)

Module 2: (THE WHAT) Green Exercise & SEL

Uses Joseph Campbell's "The Heroes Journey" to frame SEL. We take a deep dive into research on hope, joy, exercise & hormonal release as it pertains to SEL. We end with "Green Exercise HIITs" & examine the impact on SEL & Metabolic Syndrome. Topics covered include:

- A Hero's Journey
- 24-Hour Movement Guidelines
- Exercise & SEL
- Nature-Deficit Disorder & Green Exercise
- HIIT's 101



Module 3: (THE HOW) Curriculum Connections

Culminates the knowledge gained & places it in a cross-curricular (interdisciplinary) approach. Lesson ideas for Math, Literacy, Technology, Physical & Health Education, Science & Social Studies are put into a sample timetable. We close by using the "My Super Me Playbook" to document the SEL journey you & your students are about to begin. Topics covered include:

- Intensity & Target Heart Rates
- Gamifying HIITs
- Curriculum Connections
- My Super Me Playbook



Frequently Asked Questions

Question: Do I have to be a health or physical education teacher to take this course?

Answer: Absolutely not; in fact, the whole course is built for teachers with a limited background in health or physical education. This course will give you the confidence, competence, motivation, tools, and skills you need to incorporate more HIIT's in your class to support students SEL.

Question: Do I have to take time away from numeracy & literacy to do this?

Answer: Nope! The course uses an "interdisciplinary approach." It provides students with meaningful connections through HIIT's and other disciplines/subjects. You will meet some H&PE expectations/outcomes while building SEL skills and covering math, language, technology and others. Think of it as a "multi-discipline smoothie." Exercise & SEL in disguise. Some countries have already incorporated SEL into their curricula, you learn about this, use what you feel will best suit your students needs.

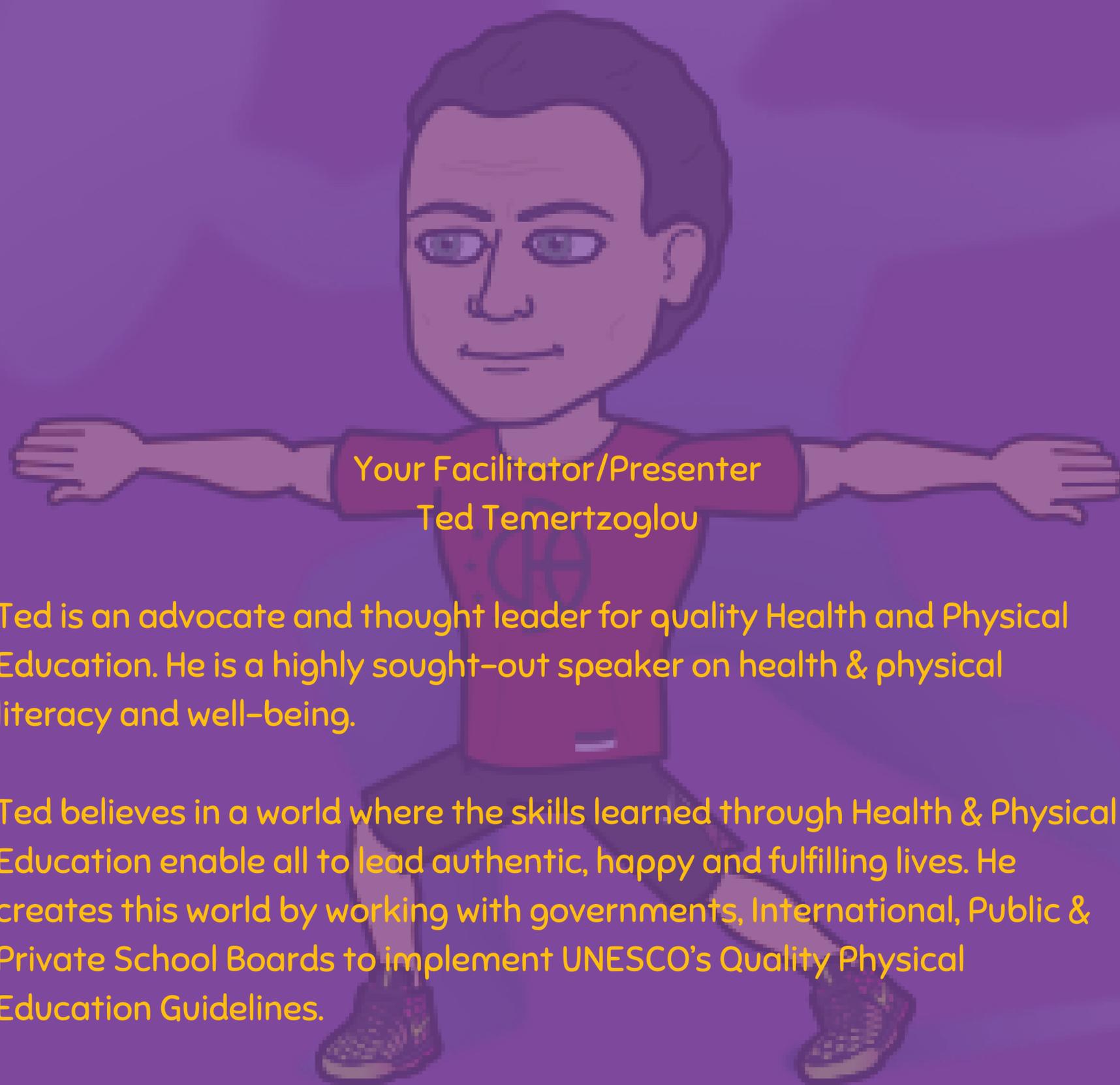
Question: Do I need to be in a gym? What equipment will I need to buy?

Answer: No, gym or equipment is required. All you'll is to have kids push in their chairs and select their favourite playlist, and then, HIIT it! We highly recommend you do this outside when you can. The evidence for that and more is in the course. Suggested technologies are mentioned for your consideration.

I would be happy to answer any questions you have.

Please send them to: ted@lifeisathletic.com.





Your Facilitator/Presenter
Ted Temertzoglou

Ted is an advocate and thought leader for quality Health and Physical Education. He is a highly sought-out speaker on health & physical literacy and well-being.

Ted believes in a world where the skills learned through Health & Physical Education enable all to lead authentic, happy and fulfilling lives. He creates this world by working with governments, International, Public & Private School Boards to implement UNESCO's Quality Physical Education Guidelines.

With a Master's Degree in teacher-student relationships, he combines his work as an author, Health and Physical Education Practitioner to help more teachers and students flourish and thrive. He is the recipient of the R. Tait McKenzie Award, Physical & Health Education Canada's most distinguished educator award.

