

What's Up? Thursday

EFNEP and CFHL, UC Staff Check-In

July 30, 2020



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Today's Agenda

Guidelines for Online Content – *Updates!*

Physical Activity Breaks in Online Lessons

Tech Tool Review Process

Demonstration of Nearpod

EFNEP and CFHL, UC Breakouts

Let's hear from Katie and Kamal...

Guidelines for Online Content – *Updates!*

Updates to *Guidelines for Online Education* document

YouTube videos – Unlisted or Public?

Curriculum (lesson) videos – Unlisted

★ Book Readings – Unlisted

Curriculum ‘Intro’ Videos – may be Public

Indirect Ed: Recipes, PA, Garden (general) – may be Public

Updates to Google Drive

Link: https://drive.google.com/drive/folders/1Arnqh6FTZI-CI7rvd8l_-vtbwt24Twj9?usp=sharing

Google Drive reorganized

Locations for final content

FINAL- Indirect Education Resources

FINAL- UCCE Online Lesson Resources

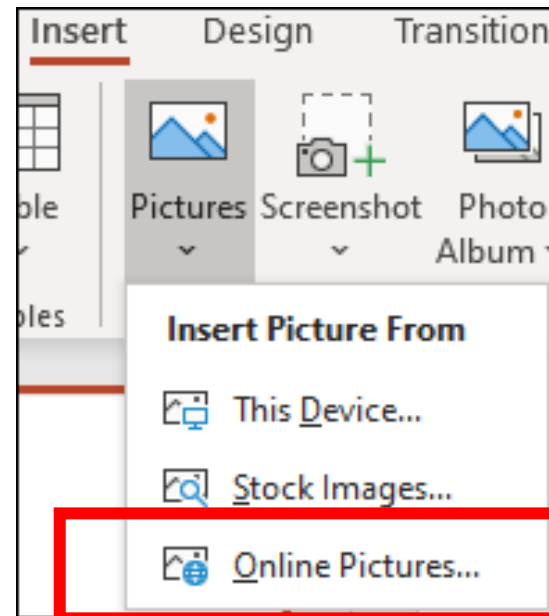
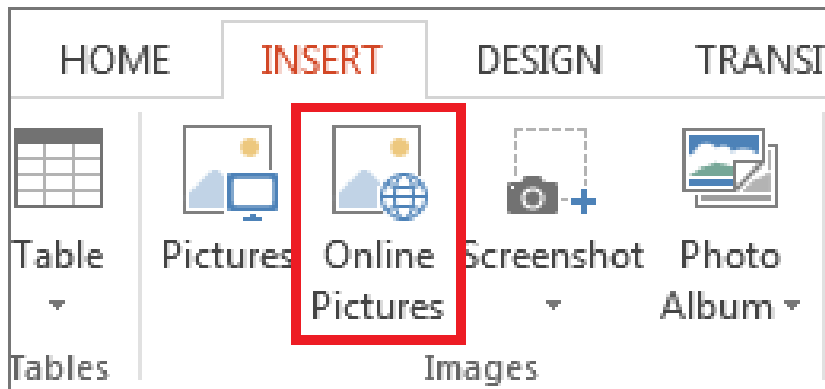
Guidelines for Online Content – *Updates!*

PowerPoint ‘Online Pictures’ search – not recommended

- difficult to verify license

Use sources listed in Resources folder:

https://drive.google.com/drive/folders/1dSFErQW6VjuvJ0AOYeqx3gHt_b6SySOU



Need a PA break video to include in your online nutrition lesson?



Searching for PA Break Videos

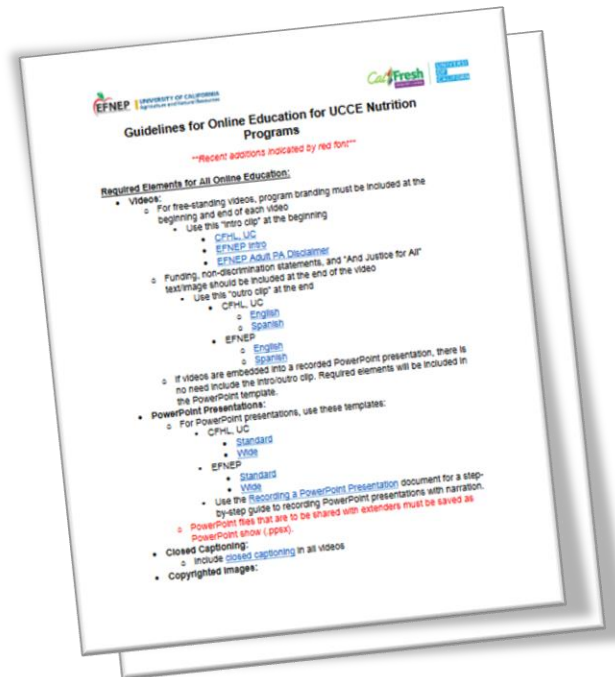
- 1) Reference the [UCCE Nutrition Staff Resources during COVID-19](#) document.

Google Drive >>COVID-19
Response>>[UCCE Nutrition Staff Resources during COVID-19](#)

Resource Title	Hyperlink	Description	Source	Topic	Target Audience	Date Added
Physical Activity Alliance	https://drive.google.com/file/d/1AmSL7y-z36J9pRiJkx44g6libSachG/view	Home PA Resources	Physical Activity Alliance	Physical Activity at Home	Adult	4/7/2020
YMCA 360: On-Demand Videos	https://ymca360.org/	Whether it's a current Y favorite or something new to you, YMCA 360 matches your lifestyle with a growing library of online videos for you and your family.	YMCA 360	Physical Activity at Home	Adult	4/7/2020
Silver Sneakers	https://www.youtube.com/user/TheSilverSneakers/videos	Exercise videos and resources posted on YouTube	Silver Sneakers - Facebook	Physical Activity at Home	Adult	4/7/2020
Tai Chi for Beginners by Dr Paul Lam	https://www.youtube.com/watch?v=hiOHGYCEJ4	Enjoy this Free Lesson from Dr Paul Lam's Tai Chi for Beginners	Dr. Paul Lam - Tai Chi Productions	Physical Activity at Home	Adult	4/7/2020
Hip Hop Public Health Videos	https://hhph.org/repository/	Search for resources using a variety of criteria such as grade level, content area and media type as well as by the National Health and Physical Education Learning Standards and the Healthy Out of School Time (HOST) Standards.	Hip Hop Public Health	Physical Activity at Home	Families	4/7/2020
Open PE Youtube Channel	https://www.youtube.com/channel/UCAwgRiHjzGSLh67w4tU9RDA/videos	This YouTube Channel is dedicated to OPEN professional development for physical education professionals.	Online Physical Education Network	Physical Education	Adult	4/7/2020

Searching for PA Break Videos

- 2) Ask your State Office for specific needs (Michele, Lyn/Shyra)
- 3) Consider developing your own PA break video using the [Guidelines for Developing Online Lessons](#)



What to include in your PA break video:

Remind participants to only do activities they are comfortable with

Warm-up (light to moderate intensity)*

Physical activity (moderate to vigorous intensity)*

Cool-down that may include stretching

Modifications when possible

Optional: [Benefits of physical activity](#)

Optional: [Physical Activity Guidelines for Americans \(adults/youth\)](#)

*See notes for examples

Questions



Tech Tools Review

Some review criteria:

How it could benefit our program delivery?

How easy for participants/students and educator to learn and use?

What age groups it might work best with?

Does it work with Google Classroom?

Cost?

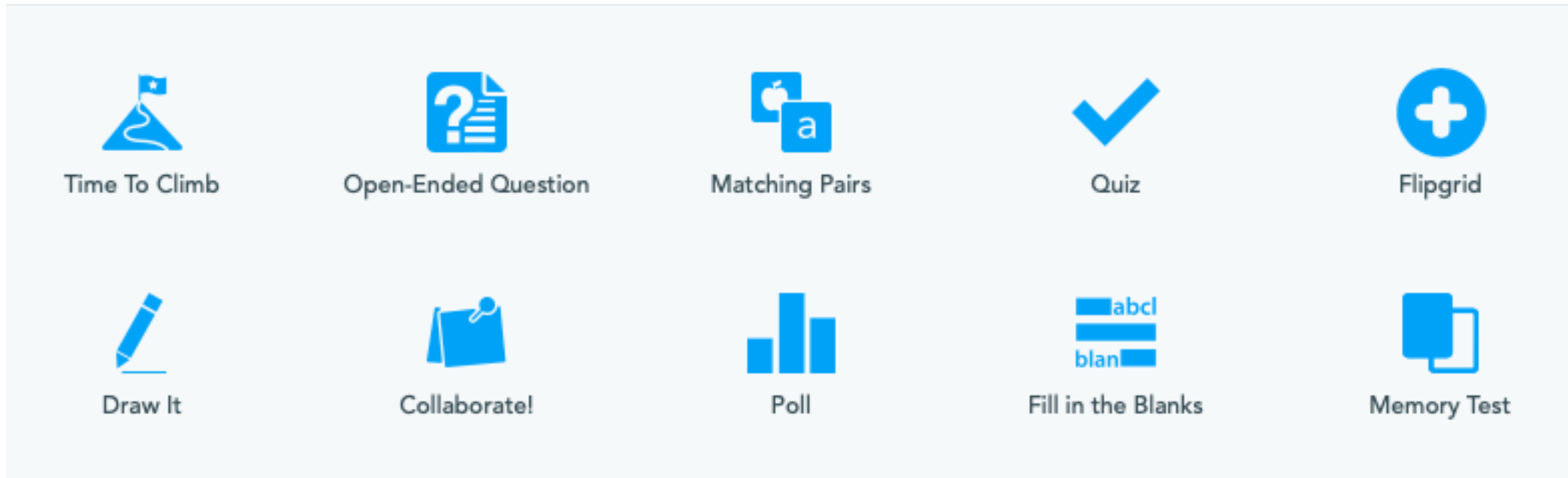
Alternatives?

Any tools you're using with success? Please let us know!

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NearPod

Student engagement platform that allows the creation of interactive lessons with a combination of slides and activities



NearPod Demonstration

Elizabeth Lopez and Robert Tapia
UCCE Fresno/Madera

Breakout group leaders

Elizabeth Lopez

Robert Tapia

Hannah Lee

Anna Jones

Melanie Gerdes

Share back about Nearpod

Group 1 – Elizabeth: matching

Group 2 – Robert: collaboration board

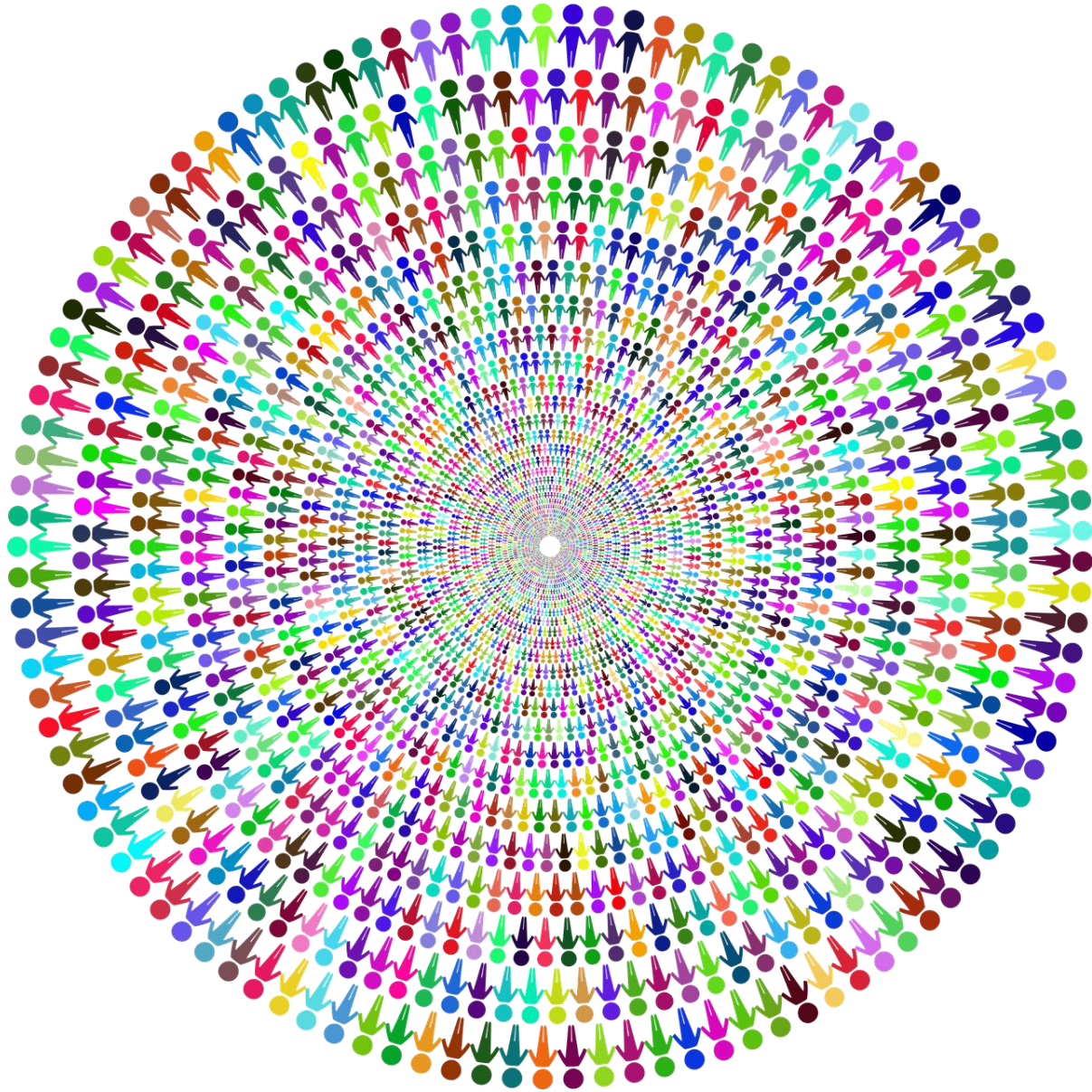
Group 3 – Hannah: poll

Group 4 – Anna: fill-in-the-blank

Group 5 – Melanie: draw-it

Nearpod “Camp Engage” – August 3-14

Sign up at <https://nearpod.com/camp-engage>



*We're in
this
together!*