

Assignment 2B: Peer Unit Plan Feedback

Feedback for Corey Hermiston

Aaron A. Knight

Faculty of Education, Thompson Rivers University

EDDL 5111: Introduction to Distributed Learning

Dr. Georgann Cope Watson

November 18, 2021

Assignment 2B: Peer Unit Plan Feedback

Hi Corey. Let me first congratulate you on creating such a relevant and intriguing unit plan. Your goals to focus on inclusivity, accessibility, and holistic physical education have clearly been met. As a fellow Physical Education teacher, the fact that you have incorporated mindfulness and Indigenous teachings of the Medicine Wheel, only increases my appreciation and interest. When I was a student, I remember being so disappointed whenever our Physical Education class had to head into a classroom for requisite health lessons; all I wanted to do was play sports. However, even as a teenager, I would have been able to recognize the importance and benefits of understanding mindfulness and the principles of the Medicine Wheel in relation to Physical Education and health.

Does the anticipated outcome seem to be supported by the activity?

Yes, all the learner outcomes you list, are supported by the activities you have included in the unit plan. The outcomes you have chosen are incredibly meaningful for students to acquire and, in my opinion, are greatly underrepresented in Physical Education courses worldwide. I feel we are doing our students a disservice by not educating them on these essential topics. Under BCs new curriculum, teachers have increased autonomy over their pedagogical decisions, and the learning outcomes you've included and the accompanying activities, are a perfect example of this, as they correspond with listed core competencies.

I love when learning is student-driven and when teachers allow students options to demonstrate their learning. You are to be commended for incorporating both principles in this unit. Using text, video, and audio to deliver content to learners is

Assignment 2B: Peer Unit Plan Feedback

brilliant, as students will have the ability to determine their preferred style of learning. Furthermore, by integrating Principles of the Universal Design for Learning, you will be able to meet the needs of all learners.

Will the activity presented in the plan provide the student with multiple possibilities for engagement, representation, action and expression?

Yes, the variety of lessons packed into this unit is impressive. Students can participate in class discussions through Padlet, engage in meditation and mindfulness activities through Breathr, explore principles of the Medicine Wheel, engage in a range of physical activities and exercises with Sworkit, share understandings and conference with peers, fill out activity logs, and take part in meaningful reflections. One thing I am wondering is if the students are ever asked to create a presentation for their peers showing some of the exercises and activities they have chosen for their comprehensive physical education routine.

Does the technology seem appropriate?

Yes, after looking at some of the apps, I would say the technology is appropriate for the age group specified. As you mentioned in your introduction, the unit could also be adapted for use with students in younger grades. Students love technology and by putting in the time to research and choose these apps, the learners will be more engaged in the activities, and their assignments will be much higher quality. For instance, if you were to simply ask them to create a physical education routine, they would likely not be overly excited to do so. However, given the ability to look through a range of activities from the Sworkit app exercise library, the assignment now becomes

Assignment 2B: Peer Unit Plan Feedback

interactive and highly interesting. Similarly, the Breathr app makes it easy for students to engage in meditation and mindfulness through customizable guided meditations, mindfulness practices, and simple breathing exercises. Because your learners are online, including Padlet as one of the selected technologies is a great choice. It allows your students to collaborate and interact with one another during the many group discussions you have planned. Last, the unit is found on the Moodle platform, which is, among other things, user-friendly, able to support a range of media, and features handy discussion forums.

Are there things about the prototype that you do not understand and that therefore need clarification?

With respect to the Development step, where testing and feedback is important, have you ever used a different app or non-technological method, prior to instituting the apps mentioned in this unit plan? If yes, did you seek feedback from students regarding things like their levels of engagement and satisfaction?

Unrelated to the technology aspect, I am wondering what strategies you employ to reduce anxiety and stress in your students when you do have a large group together for an in-person physical education class? For instance, I divide my class and have a more competitive and a less competitive group. Incidentally, the groupings are always different, as they are dependent on the activity we are doing and the students' comfort levels. The results have been incredible, and it is a win-win situation for everyone involved. Less-competitive students gain confidence in their skills because they are

Assignment 2B: Peer Unit Plan Feedback

getting to touch the ball in a game, they come to the realization that PE can be enjoyable, and they are actually quite good at certain sports.

Any other feedback?

In the Analyze section, your decision to include themes you have noticed because of your years of experience was a great idea. I have noticed many of the same things, however, an inexperienced teacher would not be aware of them, so their inclusion would be beneficial if you were to share this unit with a colleague. Do you think it would be beneficial to determine the preexisting knowledge and/or skill level of your students? What about any limitations the students may have?

Your point about there being "a gap in content regarding the benefits of PE to comprehensive health" is a crucial one for educators to understand. Now more than ever, we need to be teaching our students ways they can enhance their mental health and happiness. I love how you have taken the initiative to incorporate mindfulness and Indigenous principles of the Medicine Wheel.

In addition to providing feedback from the four specific assessment questions, I have used the SMART criteria to assess the quality of the learning outcomes from your PE unit plan:

In this unit, you have stated learners will:

- Feel comfortable engaging in physical education and mindfulness
- Understand the benefits of physical education and mindfulness to their personal health

Assignment 2B: Peer Unit Plan Feedback

- Understand the principles of the Medicine Wheel in relation to Physical Education and health
- Use their knowledge to set goals on both physical activity and mindfulness and construct a physical education routine

Additionally, you have stated:

- Principles of the Universal Design for Learning will be incorporated to meet the needs of all learners, including providing multiple means of engagement, multiple means of representation, and multiple means of action and expression
- Principles of Design will also be incorporated, as learners will have opportunity to create, reflect, and refine

Specific

No. The objectives are general and do not provide many details. Also, providing specific weekly objectives would be valuable for learners.

Measurable

Yes. Students will submit assignments for assessment via Moodle. The teacher is able to also assess through observation during the many classroom discussions on Padlet. A conversation app, Padlet, will be used to facilitate class discussion to promote community and facilitate formative assessment. In addition to the documentation of students' comprehensive physical education routines, I am assuming that both Breather and SworKit have some sort of a tracking feature to help assess a student's level of

Assignment 2B: Peer Unit Plan Feedback

activity. There are also multiple learner reflections being collected including a final log and reflection.

Attainable

Yes. The content in this unit is well-organized and clear to understand. I am unsure if learners are able to redo any elements they may have scored poorly on. The objectives are an appropriate difficulty level and as long as one puts in some effort, they are attainable. I am wondering if exemplars are provided to the learners to give them a better idea of what is expected.

Relevant

Yes. The outcomes clearly relate to the content of the course and the material is something the learner will see value in learning. They are, in fact, learning outcomes that will serve learners well for the rest of their lives.

Timely

Yes. Even before the completion of this unit, learners will be able to start implementing what they have learned immediately in their lives.

In summation, you have skillfully utilized the ADDIE Method to create an important unit plan. The technologies chosen are ideal for students to become fully engaged in the activities and help them to achieve the unit's learning outcomes. I have

Assignment 2B: Peer Unit Plan Feedback

included some questions for you to consider throughout but feel the only area that needs revision is to make your learning outcomes more specific. Great job, Corey!