

# **Enhance Student Learning using Simple Technology to Flip Curriculum**

**By: Judson Sickler**

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OR

<https://www.sickfitpe.com/cahperd-2018.html>

# Quick Bio

- 15th year as a Middle School Physical Education Teacher
- 13 years in the Cupertino Union School District (Sunnyvale/Cupertino Area) and all with Cupertino Middle School
  - ◆ Very diverse and affluent student body
  - ◆ 1500 students
  - ◆ Higher socioeconomic class
  - ◆ Academic
  - ◆ Focus on technology
- Currently teach 8th grade but have taught 6th and 7th as well
- National Board Certified
- Coach Cross Country/Track & Field
- Run a small bootcamp business
- Focus has been technology integration/Flipped Curriculum

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Note: I have a CAHPERD 2018 link on my website to my presentation materials

# MY JOURNEY

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# Dramatic shift.....

- 6 years ago I decided to leave my comfort zone and Flip my curriculum
- This shift changed the paradigm of how I viewed both teaching and student learning
  - Teacher-Directed Environment to a Student-Centered Environment
- I've become a lot more creative in the way I teach
- This leap gave me the confidence to becoming National Board Certified
- I've also become very technology proficient

# Inspiration...

- I attended a summer technology workshop hosted by our district about 7 years ago and one of the sessions featured a teacher using the “Flipped Teaching” strategy
- I was fascinated by the “Flipping Methodology” enough to attend an all day Flipped Teaching workshop at Foothill College shortly afterwards
  - Screen Casting
  - Instructional Videos
  - Website Design
- Immediately I started to think of how to change my pedagogical thinking by redesigning the way that I presented curriculum
  - PE was a perfect subject to “Flip”

# What is a Flipped Learning Environment...

Method of pedagogy that *reverses* the traditional learning environment by providing differentiated instructional materials, often times online, outside of the classroom for students to access before and during units of instruction. It is coined “flipping” because the content that a teacher would normally introduce to students in the classroom is now provided ahead of time for students to preview, analyze and critically think about before a unit begins (homework). Flipping allows students to individually pace their learning as well as utilize instructional materials that better meet their needs. From a teacher perspective, you can get deeper in content with students because they have prior knowledge coming in and have covered the remedial, introductory material on their own.

# Great Article

<https://www.academiaapps.com/flipped-learning-flipping-the-classroom/>

# Implementing....

3 Major Challenges:

1. Decide which curriculum to flip
2. How & what technology to use
3. Learn that technology

\*\*the best advice that I got at the Flipped Learning Conference was START SMALL and then add new layers

# Decide What to Flip

- ★ Stuff that students could practice at home (Dance Curriculum)
- ★ Remedial/Introductory Material (Unit kick off material)
- ★ “How To” information on Graphing/Worksheets, etc. (Graphs and templates)
- ★ Student samples- what stuff students were producing (final productions)

# How and What Technology to Use

- ★ Used professional development to see what was being used and how
- ★ Technology that would translate the curriculum in a differentiated way
- ★ As I learned more, I discovered that I needed to learn more

# Learn That Technology

- ★ Professional Development
- ★ Trial and Error (Hands on)
- ★ Colleagues
- ★ Internet resources

# Flipping foundation.... (for what I wanted to do)

- Build a website (repository for most of the information)
- Learn how to make instructional videos (cameras and software)
- Where to store the videos and make them accessible
- Screen Cast
- Presentation Software

# Finally...

- After about 3 years, I felt as though I had made some big changes
  
- When you choose to flip, you are never done....curriculum changes, innovation changes, technology changes....and most importantly....STUDENTS CHANGE

# Simple Technology...

- In reality, the technology that I use is pretty simple....video and photo cameras, basic editing software, drag and drop websites, and some creativity...and the changes were pretty significant
  
- I'll share with you the various ways that I have used simple technology-keeping the Flipping mindset- in my classroom

# HOW I USE IT

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# Accessibility...

My underlying objective has always been to enhance student learning, however, in order to do that, you have to provide resources that are accessible at all times. The key to Flipping and/or providing simple technology based differentiated curriculum, you have to have vehicles that provide this accessibility

- Website
- Google Classroom
- Vimeo

# Website...

- To make my curriculum accessible 24/7, I wanted to create a very dynamic and comprehensive repository of my curriculum so I have invested a lot of time on my classroom website.

(Older Site) [www.mrsicklerphysicaleducation.com](http://www.mrsicklerphysicaleducation.com)

(Brand New Site) [www.sickfitpe.com](http://www.sickfitpe.com)

# Google Classroom...

- Our district provides Google Classroom where I can also provide access to my curriculum.

[Google Classroom](#)- the virtual PE classroom

# Vimeo

- I have been using this site for years to upload and house all of my student videos because it is easy to use and has fantastic privacy controls.
- It links super easy to my website
- I can make all kinds of albums and collections

[Check this out.....](#)

# MY CURRICULUM

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# Flipping 6th Grade...

Look at how I designed my [6th Grade Page](#) to set it up for flipping

When I first started to flip, I targeted 6th grade dance curriculum, specifically [Tinikling](#) and [Line Dance](#).

Look at the characteristics of these pages.

How was the curriculum Flipped? What are some of the key characteristics?

# Flipping for Swing Dance

Let's look at the site that I created for Swing Dance

Click [HERE](#) and check it out

- What did you see?
- What stands out?
- Do you think that information is differentiated?
- How can these resources enhance student learning?



# Student Learning...(10 minute activity)

Try and pair up with someone that has a smart device that can stream videos

We are currently in the Swing Dance Unit and you have been tasked to learn the new move using the instructional video below. Pair up with another pair and use this resource to try and learn the move.....

[www.bit.ly/swingpretzel](http://www.bit.ly/swingpretzel)



# Warm Up Process

1. Use a Deck of Cards and/or Post a Spreadsheet on Google Classroom the Friday before
2. Post a link to Google Classroom with the student names/exercises and a link to the YouTube Video
3. Students spend the weekend learning and practicing their warm up exercise
4. On Monday, they present their warm up to the class and lead it for the rest of the week

# Warm Up Process

How is this curriculum flipped?

How does this make the warm up process both student centered and teacher facilitated?

How can this be taken to another level?

# Bear Fit Challenge

A Fitness Challenge that our students perform 4-6 times a year

Students are required to collect data and graph

Click [HERE](#) to check it out

# Graphing for Runs...

We have a two part rubric for our Mile and Two Mile Runs where students have to use their rubric to properly graph

I have used some [screen casts](#) as a way to Flip instruction and demonstrate this

# Flipping Units

Life Time Fitness Unit/Project- click [HERE](#) to check it out

I started to pilot this with [Lacrosse](#) this year

Check out this [Tinikling](#) Page- one of the first units that I flipped

**Never be afraid to take risks  
for your students**

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**Thanks for attending**

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