


Online PE?

Presentation Overview




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Online PE?

Carone Fitness, Inc



- **Carone Fitness** is the premier provider of online health and physical education courses for grades K-12 and higher education.
- Supplemental **online school & curriculum provider**
- Accredited by NWAC/AdvancED
- Working with schools for 7 years; served over 40,000 students
- Mission to educate and motivate students as they work towards a healthy lifestyle.

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Course Catalog

HIGH SCHOOL COURSES

Physical Education

- Fitness Fundamentals 1
- Fitness Fundamentals 2
- Walking Fitness
- Running
- Strength Training
- Flexibility Training
- Group Sports
- Individual Sports
- Advanced PE 1 & 2
- HOPE 1 & 2
- Personal Health & Fitness

Supplemental

- Exercise Library

Health

- Health & Personal Wellness
- Exercise Science
- Nutrition
- Life Skills

Alternative Courses


- Credit Recovery PE 1 & 2
- Credit Recovery Health
- Adaptive PE
- Independent Study PE
- Polar-Powered PE™
- MOV-it! PE™
- Homebound Health or PE
- Summer Adaptations



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Course Catalog



MIDDLE SCHOOL COURSES

Health

- MS Health
- Life Skills

Physical Education

- Fitness Basics 1 & 2
- Intro to Ind. Sports 1 & 2
- Intro to Group Sports 1 & 2

Supplemental

- Exercise Library

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NEW!!

Elementary Health and PE
by Carone Fitness provides an engaging **online or blended** option ideal for virtual or brick and mortar schools.

- Aligned to state and national standards
- iPad and tablet compatible
- Available with online-synced **MOVband** activity monitors

This comprehensive curriculum teaches the skills and principles necessary for young students to establish healthy habits that will last!

Carone Fitness
Online Health & PE Curriculum
www.caronefitness.com

Elementary Health and PE

Health and Physical Education Without Limitation!

Carone Fitness's comprehensive elementary curriculum includes:

- Grade-appropriate, sequential guidance
- Dynamic multimedia lessons
- Objective-based quizzes
- Class discussions
- Assignments
- Parent and teacher guides
- Motor skills videos and checklists

Each physical education course includes an activity library with pictures, videos, and descriptions of dozens of games and activities to reinforce each skill!

Contact Us Today to Learn More About **Elementary Health and PE** or Our Proven Secondary Curriculum!

Phone: 801-657-4651
Toll Free: 888-759-0480
information@caronefitness.com

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Course Catalog

ELEMENTARY COURSES

Health

- K Health 1 & 2
- 1st Grade Health 1 & 2
- 2nd Grade Health 1 & 2
- 3rd Grade Health 1 & 2
- 4th Grade Health 1 & 2
- 5th Grade Health 1 & 2

Physical Education

- K Health 1 & 2
- 1st Grade PE 1 & 2
- 2nd Grade PE 1 & 2
- 3rd Grade PE 1 & 2
- 4th Grade PE & 2
- 5th Grade PE & 2

Supplemental

- Activity Library



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The Shape of the Nation

Obesity Statistics:

- Among children ages 6-11, 33% are overweight and 17% are obese.
- 34% of adolescents and teens ages 12-19 are overweight and 17.6% are obese. These rates have roughly doubled since 1980.

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The Shape of the Nation

The Surgeon General's Report on Physical Activity and Health marks physical inactivity as "a major public health concern."

"Given the numerous health benefits of physical activity, the hazards of being inactive are clear. **Physical inactivity is a serious, nationwide problem.** Its scope poses a public health challenge for reducing the national burden of unnecessary illness and premature death."

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The Shape of the Nation

A 2010 CDC report analyzed a large body of evidence linking physical education and school-based physical activity with academic performance, including cognitive skills and attitudes, academic behaviors and academic achievement.

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Need for Alternative Options

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Need for Alternative Options

Why is there a need for an alternative option?

What are the barriers to students receiving a successful physical education?

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Need for Alternative Options

Student Needs:

- Need flexible schedule or have attendance issues
- Falling behind/credit recovery
- Want to get ahead or take more rigorous academic courses
- Uncomfortable exercising in a group environment
- Student athlete
- IEP: Social, physical, or academic issues

School Needs:

- Limited facilities
- Limited funds
 - Decrease teacher work; increasing teacher load
- Limited instructors
- Need to increase course offerings/ elective offerings
- Desire to stay "cutting edge" with technology
- Losing students (i.e. funding) to other alternative options
- Summer school options

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Goals & Benefits of Online PE

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The Goals of Physical Education

What are the goals of Physical Education?

- Students should be able to
1. Establish a regular exercise program
 2. Learn fundamental fitness principles
 3. Apply fitness principles to themselves
 4. Gain an appreciation for physical fitness
 5. Learn skills to enable one to be fit for life



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The Goals of Physical Education

Three Main Categories that Standards Address


1. Participating in Regular Physical Activity
2. Skill Development
3. Learning Fundamental Health & Fitness Principles



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Features of The Personal Fitness Suite




The benefits go beyond the classroom!

The ultimate goal of **The Personal Fitness Suite™** is to empower students as they develop a lifelong commitment to health and physical fitness.

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Benefits of Online PE




According to current research, when students take classes that teach the facts and principles about health and fitness, as well as how to use self-management skills to implement a healthy lifestyle, they are less likely to be sedentary later in life.

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Benefits of The Personal Fitness Suite




Students learn health and fitness principles and practice applying those principles in their own lives.

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Benefits of Online PE

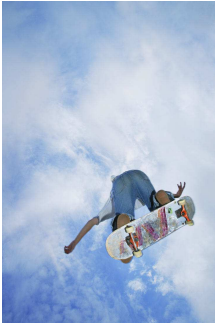


Students perform in a non-competitive setting where they do not feel compared to the performance of others

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Benefits of Online PE




Students can choose activities they enjoy!

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Benefits of Online PE

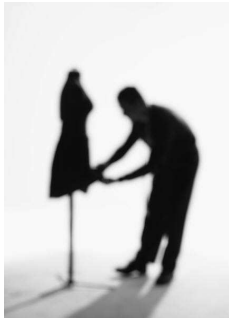
Students receive personalized feedback from an instructor—like having a personal trainer!



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Benefits of Online PE



Everything is tailored to the individual!


With structured guidance, students design, monitor, and evaluate their own fitness program.

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How Does It Work?

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Online & Blended Models



Various Curriculum Use Models

Fully Online:

- Students work remotely from home or other location to complete work

Fully Face to Face:

- Teacher uses curriculum as a resource for teaching a standardized curriculum.


Blended:

- Mix of online and face to face instruction
 - Show in class via projector
 - Computer lab/ activities on own
 - Computer lab/ activities together
 - Meet 1-2x per week

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Fitness Assessment




- Students conduct an initial fitness assessment
- Analyze according to national standards
- Set goals for improvement
- Track goals on weekly logs and through regular "Fitness Checkpoints" throughout the course
- Post Assessment at end

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Exercise Requirement

- Students must meet a weekly physical activity requirement
- May choose activities they enjoy
- Must include a variety of physical activities of their choice



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Activity Tracking


How do you track student activity?

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Academic Honesty

How do you know students are doing the activity they say they are doing?



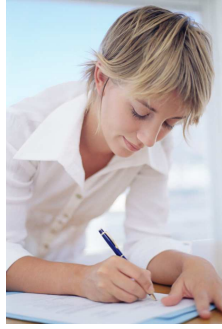
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Activity Verification

How Do We Verify Activity?


- The information students record on their fitness logs helps the instructor verify a student's workout.
- Instructors contact student and parent on a regular basis to assess accuracy of information received.
- Students must have at least ONE form of external verification:
 - Supervisor verification
 - Online-syncing hardware device (i.e. MOVband, Polar HRM)



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Modeling




How do you demonstrate proper posture, safety, and technique?

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Evaluating Performance

How do you view proper technique & performance?




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Equipment

What about equipment?

- Do the students in your program have access to a gym or other fitness equipment?
- What's practical? What equipment can you require or provide?




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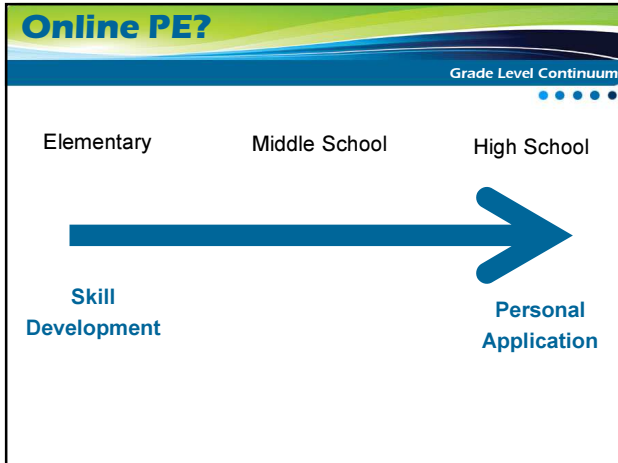
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Grade Level

How does online PE vary for Elementary, Middle School, and High School?



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Teaching Fitness

How do you teach the required physical skills?

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Exercise Library

MS/HS Exercise Library

Includes pictures, videos, and instructions of almost 300 exercises!

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Activity Library

Elementary Activity Library

Includes pictures, videos, and instructions dozens of skills, activities, and games!

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Teaching Fitness

How do you teach the necessary fitness principles?

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Teaching Fitness

Students

- View media rich lessons
- Read additional articles or review related sites
- Class discussions on fitness related topics
- Complete topic specific assignments
- Take objective-based quizzes

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Cool Tools & Technology

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Polar-Powered PE





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MOV-it! PE





- Wristworn activity monitor
- Keeps students accountable
- Increases awareness of physical activity
- Designed for education:
 - Affordable (\$29.99)
 - Durable
 - Simple – tracks time, movement, and mileage
- 3D Accelerometer technology & rechargeable battery

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MOV-it! PE


- MOVband syncs to MOVABLE's online Activity Dashboard which helps students:
 - Set & reach goals
 - Understand trends
 - Get motivated
- Teacher access & reporting tools included for \$4.99 per student/year

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Keys to Success

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Keys to Success



Not all online PE programs are created equal!


- Does it comply with iNACOL Standards for Quality Online Courses?
- Is a teacher available to monitor, answer questions, provide feedback, and proactively instruct & encourage students?
- Is the course navigation clear, consistent, and easy to follow?

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Keys to Success


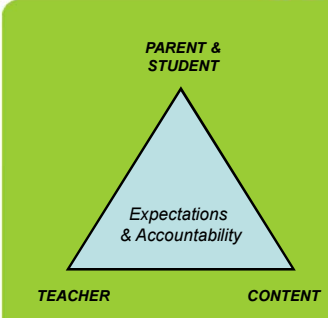
- Are students learning information about health and fitness? (i.e. is the course more than just an online fitness log?)
- Is the course more than just an "online textbook"? Does it provide any multimedia or ability to interact?
- What types of assessment and verification are required?
- Are expectations of tasks and due dates clear from the beginning?




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Keys to Program Success

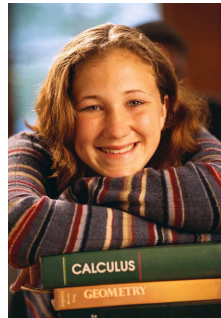
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In Their Own Words

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In Their Own Words




"The most valuable thing I learned in this PE/Health course was take care of your body so you are not limited to what you can do in the future. I learned that it is very important to stay or become healthy in all dimensions of health."

~Renee

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In Their Own Words




"This course taught me about all the aspects of Health and Wellness. I use to think good health was eating right and not getting sick. Now I know it is so much more and I know how I can contribute to areas such as Environmental Wellness and my Spiritual Wellness. The project taught me that I can set behavior goals and change my habits – which was awesome."

~ Trevor

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From the Student




"The daily workouts have definitely helped with several areas of my life. Working out always makes me feel healthier, but I had kind of given up until I enrolled in this course and working out was a necessity. I am so glad I took the course. It has made me stronger physically and emotionally and that helps everyone around me. I will continue to workout with the same type of schedule. It is convenient and helps with your health and happiness. Overall, it's a win!"

~Anonymous Student

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From the Student



"Since beginning this course, I feel much better about myself. I have more energy, I'm more alert and focused in the day, I'm more relaxed, and I'm more self confident. I also improved my own level of fitness. I am very proud of myself because it wasn't easy. I'm proud for pushing myself the way I did, and being living proof of the results is amazing."

~Gina

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"The PE class has been **really fun** so far. I have found that as I get used to self motivation, exercising by myself is easier. It **sets me up for later in life** where I will have to be self motivated if I want to stay healthy. I also see that it is changing my family life. One of the reasons I did not exercise regularly was because of my family situation. We were always on the go and never thought we would have time for exercise and cooking. When I started dancing more and cooking healthy, they started making time for these things so that we could all work on it.

I am also **trying to help get my family to work out with** me more because I want them to be able to become healthier as well. Currently, all our family members are overweight. I am hoping to use what I learn in this course to help our all around daily life and to **educate us all on how to stay fit**. So far, this is succeeding and it is a good feeling.

Another thing about this online PE course is that I like to **exercise with my dancing** as well as going to the gym. This let's me incorporate dancing into my log so that I can be credited for that.

Also, when I am in a traditional PE class. I always feel pressured by the other students there. It makes me self conscious about how well I do to the point of slacking off. This is obviously a very bad thing. So it helps **relieve the pressures** of feeling like I am being compared. All around, I feel this course is very beneficial."

~Stephanie~



Carone Fitness
Online Health & PE

www.caronefitness.com
katie@caronefitness.com
information@caronefitness.com