

**SPORT. EDUCATION. PRIDE.**

**IRSEQ<sup>®</sup>**

**GMAA**

GMAA LET'S  
MOVE  
VIRTUALLY!

**Instructor Guide**



## Prep

Prepare your activities carefully and make sure you let the GMAA know in advance of any necessary materials. Think about difficulties that students may encounter and have modifications ready if necessary. Taking a few minutes to plan for the unexpected during your class will give you a plan of action when something happens and will give you the capabilities to react smoothly and seamlessly should anything come up.

## Zoom Housekeeping and Reminders

Name your Zoom sessions with the School, Day and Time of the class so all information is clear.

Example of a Zoom invitation:

Phillip Hynes-Guery is inviting you to a scheduled Zoom meeting.

Topic: GMAA Let's Move – Virtually – HIIT with Phil – Mondays 4:30pm Royal West

Time: Oct 26, 2020 04:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

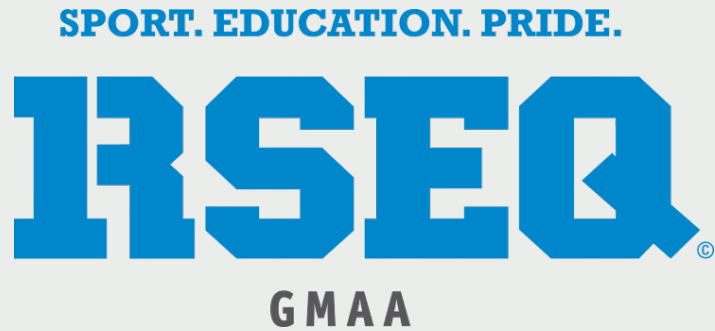
<https://zoom.us/j/96820584018?pwd=aUIROWRLQUtESk1RVFM4dFBZZDVm09>

Meeting ID: 968 2058 4018

Passcode: PHIL

Set expectations on how you would like the students to use the Zoom platform. Mute audio for all participants (set this by default on your account), cameras on, position camera so you can see their workout space, name in CAPS so you can see it, etc. Make sure this is done prior to the start of each class and sent in writing to the GMAA prior to the first class so it can be sent to the schools.

All sessions on Zoom must be recorded and sent to the GMAA upon request.

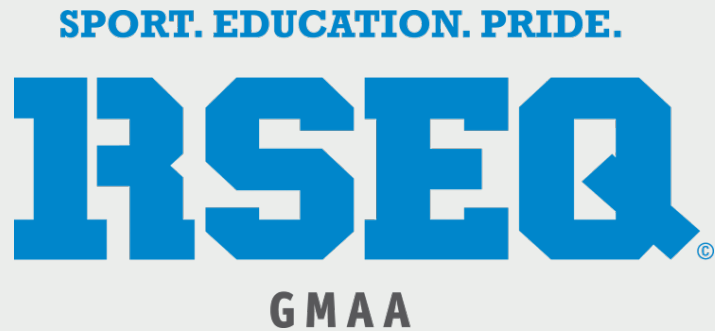


## Offer clear explanations

Speak enthusiastically and slowly. Students need time to understand the information conveyed. You will not save any time by rushing explanations. Foster an atmosphere of listening and make sure you have the student's attention to avoid repetition. Confirm students' understanding by questioning them before starting.

## Student Safety

Students are your responsibility from the beginning to the end of the session. Be sure to supervise constantly and never leave the group unattended. If an accident or unforeseen emergency occurs, you will have emergency phone numbers that can be used for each participant.



## Class management

Your role is to put in place conditions that encourage the smooth running of your sessions. The number one priority is to make sure that the students have fun. The atmosphere during the activity as a whole affects the enjoyment of the participants. Never tolerate verbal abuse, bullying of another student, or any sign of a lack of respect from a student. Be authoritative from the very first session. Students need to understand that even though this is an extracurricular activity done at home, it is still a school activity and that rules must be adhered to at all times. Pay special attention to negative leaders and inform the GMAA of any student who does not respect the rules you have set.

## Important Reminders

Prepare adequately for each session.  
Arrive at least 5 minutes in advance. Have your student list on hand (printed or virtually).  
Promptly take attendance and begin.