

SPORT. EDUCATION. PRIDE.

IRSEQ®

GMAA

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MOVE
VIRTUALLY!

Teacher's Guide



Prep for the program

Make sure to register for your desired class (es) on the Google Form -

<https://forms.gle/FHvm5CiQwquouoA88>

Make up a list of students registered for each class on the excel sheet provided by the GMAA and send it back to amanda@gmaa.ca with the emergency phone contact for each student.

Send any details regarding the students' fitness levels to amanda@gmaa.ca (athletes, general student population, beginners, advanced, etc)

Ensure each student (and parent/guardian) has signed an acceptance of risk form with emergency contact phone number.

Before each class

Ensure that each student receives the Zoom Link for their class.

Ensure that each student has access to a Laptop, desktop, iPad or cellular device with camera and internet connection so that they can participate over zoom.

Ensure each student has the required space and equipment (see table below)

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Class	Space needed	Equipment
Yoga	A quiet space	Yoga mat or towel.
HIIT	Minimal space required (approximately 6 feet sq.) preferably enough space to place hands overhead.	A yoga or exercise mat.
Boxing Conditioning	Minimum 2m space needed.	Running Shoes and a towel.
Basketball Skills	Medium size space	2 Basketballs, 2 mini cones (or 2 objects replicating a cone), 1 Tennis ball
Jiu-jitsu	Minimal space required (approximately 6 feet sq.)	Any kind of floor mat & water bottle
Zumba	Minimal space required (approximately 6 feet sq.)	A towel and water bottle
Balancing E- Motion	Minimal Space (approximately 6 feet sq.)	
Trivia Mind Games	Desk or table	Pencil and Paper
Broadway Bound	Enough space to move freely	yoga mat & pillow
Breaking for Beginners	Minimal Space (approximately 6 feet sq.)	Running shoes, athletic attire & water bottle
Dance & Movement	Minimal space (approximately 6 feet sq). Be able to comfortably slide & step (front/back & side to side)	Comfortable clothing, running shoes, water bottle & towel. A mirror is not necessary but can be helpful for watching your lines.



Class Management

The teacher responsible must agree to handle any issues that arise with students participating (examples of issues that may arise include tardiness, lack of participation, negative attitude, etc.). If any issues arise the GMAA has asked that the class instructors contact them right away. It is expected that any issue be dealt with by the school as soon as they are made aware.

To continue improving the program we ask that schools agree to offer feedback to the GMAA concerning the classes (by the students and the teacher responsible). There will be a class evaluation survey sent out mid-way through the session and at the end of the session.

Office

The GMAA will invoice the schools directly for all classes. Each instructor will create a repeating Zoom Meeting link for their classes, this will be sent to the GMAA which will be sent to the teacher responsible. Please only send this to the students registered. If a student tries to enter the class without pre-registration, they will not be accepted.

Any communication with the instructors will be done through the GMAA.