

Physical Education & Physical Activity

Synchronous and Asynchronous Learning

WSCC - Whole School, Whole Child, Whole Community Model



[LINK](#) MUSD PE

[LINK](#) MUSD PE @ Home

[LINK](#) MUSD Brain Energizers

[LINK](#) MUSD Wellness

[LINK](#) WSCC Model

SYNCHRONOUS


VERSUS

ASYNCHRONOUS

COMPARING 2 APPROACHES TO
REMOTE LEARNING



Students engage in
course activities at a
specific date/time,
requiring that
everyone be online for
a scheduled event



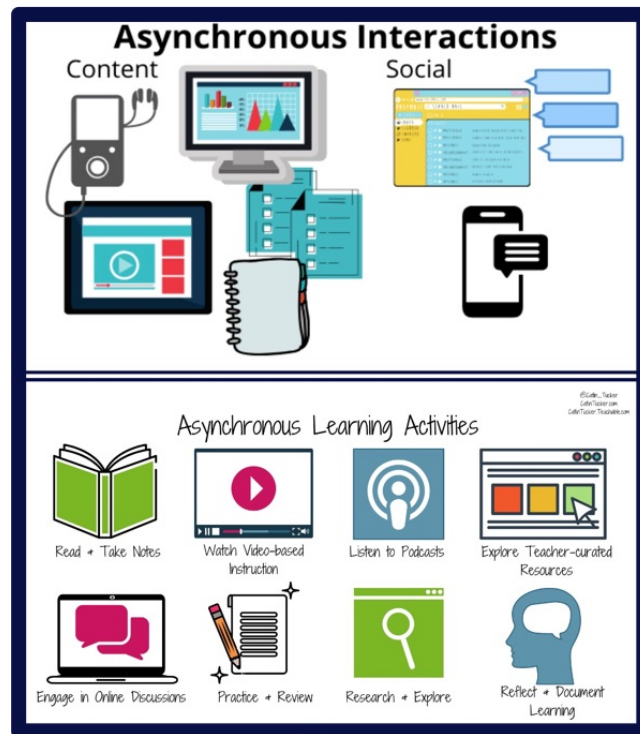
Students engage in
course activities at
any time, contributing
at their own pace

WE BELIEVE
MADERA UNIFIED

Synchronous

vs.

Asynchronous

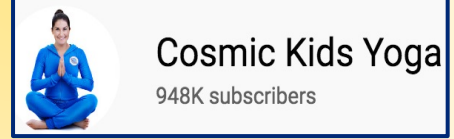
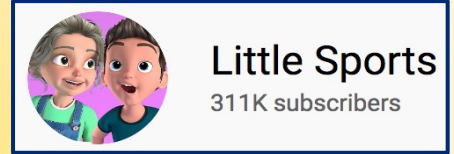


Synchronous

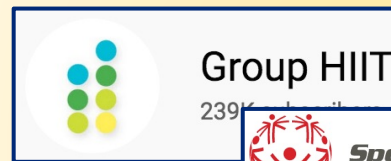
vs.

Asynchronous

Elementary



Secondary



MUSD Elementary PE Equipment at Home – *Coming Soon...*



WE BELIEVE

Brain Energizers

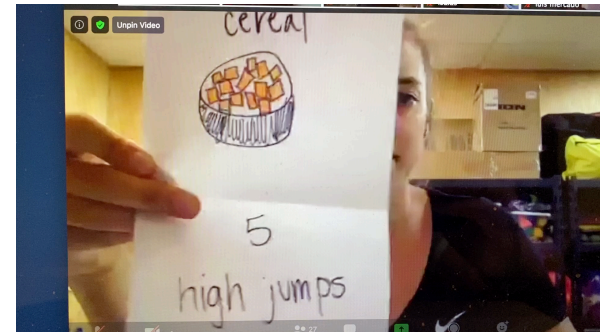
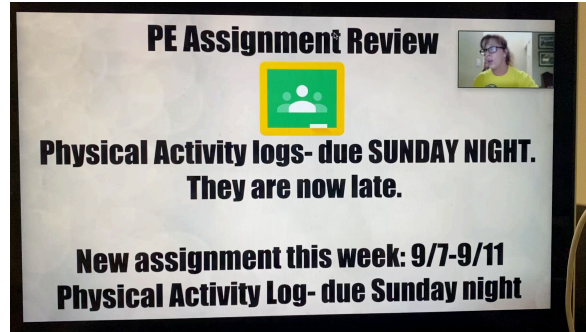


Jammin' Minute

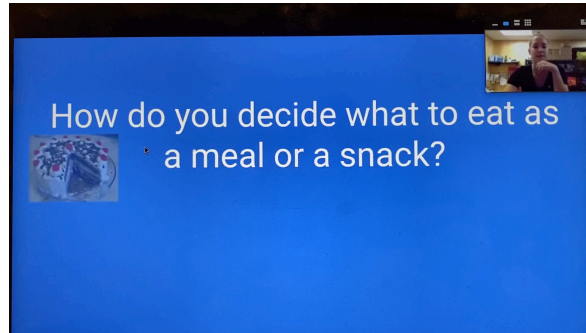
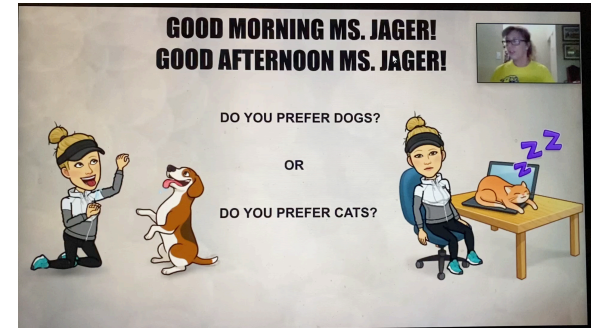
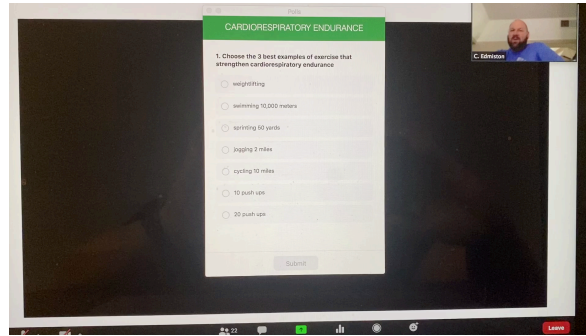
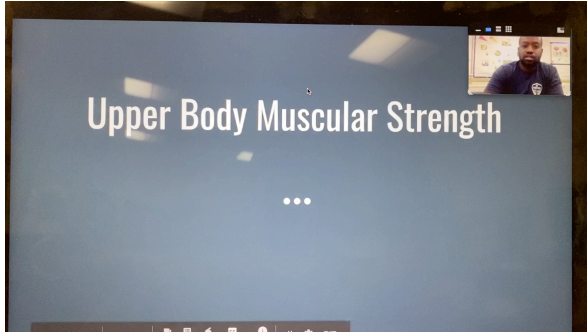


With kids at home, it's important to build time into schedules for focused educational brain breaks. Research shows that giving kids frequent brain breaks to reset their energy level improves their ability to focus, retain more, and stay on task.

Behind the Scenes



Behind the Scenes



Employee Wellness – “Walk & Talk with Music”



PERFORMANCE

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*We made the [Alliance for a Healthier Generation](#)'s
2020 list of **America's Healthiest Schools** for our successes in nutrition,
physical activity, and staff well-being. Learn more at HealthiestSchools.org.*

WE BELIEVE