Guidance for Teachers – Live Remote Instruction

1. Before Activity
   - If possible, have an additional instructor to help deliver the activity (i.e. teacher’s aide, student teacher, SNAP-Ed Education Program Assistant, etc.).
   - Clear adequate space around you and your camera to help eliminate distractions.

2. Set-Up
   - Remind students to be dressed appropriately for exercising on camera.
   - Remind students to clear adequate space around them and their cameras.
   - Determine how you will provide instructions and prepare your materials.
   - Use music! Play some from your computer or have students play their own at home.
     - Remember to be cognizant of copyright laws when playing your own music!
   - Make sure students can hear you.
   - Make sure students can see your whole body. This includes having adequate lighting! Your light source should be in behind the camera or above you, not behind you.
   - Prior to starting, mute all students and ask them to turn their cameras on.

3. Provide Instructions and Direction
   - Have students grab any necessary equipment (i.e., rolled up socks as a bean bag).
   - Tell students which direction you would like them to face.
   - Tell students to scoot back from the camera if it is necessary for you to see their whole body during the activity.
   - Provide instructions, either verbally, on screen via a Word document/white board, or sent out as a link, to guide students through the activity.
   - Make sure everyone is ready to begin.

4. Deliver the Activity
   - If two instructors are delivering the activity, have one instructor lead the activity, provide instructions, and provide cues while the other instructor keeps an eye on students and their inputs (“raise-hand” features, chat, etc.).
   - If one instructor is delivering the activity, perform the duties of both instructors – lead the activity, provide cues, keep an eye on the students, and have fun!
   - Take this time to engage with your students.

5. Check-In and Follow-Up
   - Have students put away any equipment used and settle back in for class.
   - Read the “Did You Know?”, “Show and Tell!”, and “Try This At Home” sections of your BEPA 2.0 activity book.
   - Provide students with the take home sheet that corresponds to the activity you completed.

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