



National Association for Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*

NASPE Sets the Standard

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TEACHER MATERIAL

PETE MAJOR LESSON PLAN – DAY 2

Student Activity: Using Media to Send a Healthy Message about Physical Education

Materials: Computer with audio editing software

Objective: Students will be able to create an audio podcast about why physical education is a necessity in schools.

Instructions: This assignment for undergraduate physical education students would need prior knowledge about developing audio podcasts (i.e., iMovie, Garageband, Moviemaker, Movie Shaker).

The students will begin the assignment by brainstorming about why they believe physical education is a necessity in America's schools. They will create a script that describes what they will include in their audio podcast. This script will contain exactly what they (and/or others) will say as part of the audio file. The podcast should be 15 to 60 seconds in length and send a specific message to a target audience.

The absence of visual aids will challenge the students to rethink how to deliver a brief, direct, and concise message to its listeners.

Once they have the script is complete, the student will begin recording their audio or video podcast. The audio podcast should focus on why physical education is an important part of today's schools. The final product should be submitted to the PE2020 website (www.pe2020.org) for peer review and critique.