

**Supplementary Table. Organization of remote Physical Education classes content and progression by week**

Weeks and content of classes	Weeks and content of classes	Weeks and content of classes
<p>Week 1 – theoretical/practice What is physical education? Relationships between Physical Education and human development, recreation, leisure, health, and performance Know why and how to practice Physical Education classes at home.</p>	<p>Week 9 -theoretical Relationships between physical education, music, and motor skills Understand that music and Physical Education have complex motor skills in common, which are manifested through the act of playing instruments and practicing physical activities, sports, and dances. Know how to make relationships between different types of knowledge and use this to evolve in physical activities, dances, and motor skills to play musical instruments.</p>	<p>Week 19 - Practice Differentiated physical activity practices: Yoga Develop skills of concentration, flexibility, mastery of breathing, and combination of emotions with body movements of tension and relaxation for the development of physical and mental well-being. Know how to organize yourself to practice a culturally different physical activity.</p>
<p>Week 2 -theoretical/practice Dance and body rhythm, motor coordination, the organization in physical space, kinesthetic positioning Disinhibition, autonomy, kinesthetic creativity. Musical times in dance Know how to count the musical times; create choreographies; participate in video dance challenges.</p>	<p>Week 10 - practice Basic manual motor skills: handball catch, hold, throw, throw.</p>	<p>Week 20 -theoretical/practice On-line Live meetings at Night. Orientation Classes with invited teachers at google meet (general content of classes at Google Meet). Contents of classes are described below it was focused to children knowing different forms of work, pedagogical approaches and types of sub-areas of Physical Education Develop the ability to reflect on the different forms and types of knowledge involved in Physical Education classes.</p>
<p>Week 3 -theoretical/practice General Gymnastics Jump; hop; run; bounce; squat; take; practice different physical exercises using homemade materials and without material. Know how to practice calisthenic physical exercises, active stretching, passive and ballistic.</p>	<p>Week 11- practice Live gymnastics classes on YouTube Develop health-related physical fitness: strength and cardiorespiratory fitness. Know how to organize to practice gymnastics at home.</p>	<p>1-Physical activity, exercise, sport, and bone health Know how to conceptualize the relationship between body movement and bone health.</p>
<p>Week 4 -theoretical/practice To learn the general organization of one Physical Education class session at home. Know how to organize yourself to practice warm-up, physical coordination/fitness exercises, and do stretching/body relaxation activities. Develop autonomy for body self-care.</p>	<p>Week 12 - practice Motor skills basic manuals: Basketball Know how to hit targets; shooting and combining shots with bouncing the ball.</p>	<p>Week 21 -theoretical/practice 2- Physical Activity, Environment, and Health Knowing how to conceptualize the relationship between physical structures and the environment with people's level of physical activity.</p>
<p>Week 5-theoretical Digital culture in physical activity and health. Know how to answer diagnostic evaluations related to physical activity and health. In the form of digital questionnaires on the internet. Develop autonomy for body self-care.</p>	<p>Week 13 -theoretical/practice Sport, physical exercise, physical activity, and gymnastics Know how to conceptually differentiate these 4 types of activity. Know how to organize yourself to practice sport, physical exercises, physical activity, and gymnastics according to personal goals.</p>	<p>Week 22 -theoretical/practice 3- Sand handball and court handball, differences and similarities between them.</p>
<p>Week 6- -theoretical/practice Physical fitness Know how to differentiate physical abilities: strength, flexibility, cardiorespiratory fitness, body composition, speed, agility, and endurance. Develop autonomy for body self-care. To understand relationships between physical</p>	<p>Week 14 - practice Physical exercises for health Knowing how to practice: Supports, squats, jumping jacks, skipping-rope, and doing abdominal exercises. Develop autonomy for the practice of organized physical activity.</p> <p>Week 15 – theoretical/practice Historical concepts about the origin of Physical Education in ancient Greece. Understand the origin of Physical Education as a culture linked to health. Valuing Physical Education as a culture for life and everyday life.</p>	<p>Week 23 -theoretical/practice 4- Physical activity, nutrition, health, and performance. Understand the relationship between good nutrition, sport - physical activity and a healthy lifestyle</p> <p>Week 24 -theoretical/practice 5- Sport, physical activity, inclusion, and motivation: what is your superpower? Know how to identify your skills and use them as potential motivators to develop as a human being.</p>

---

activity, quality of life, and health  
Understand the concept of quality of life is, and its relationship with physical activity and health. Develop autonomy for body self-care

Week 7 -theoretical/practice

Types of dance

Visually get to know different types of dance including African and derivate Brazilian dances, Japanese, Chinese, Modern, Ballet, contemporary, typical and regional Afro dances and others; knowing how to choose the types of dance that most please yourself; be able to perform some movements of different types of dance. Develop autonomy to practice dances of your choosing.

Week 8 - practice

Basic sports fundamentals:

Futsal pass, kick, drive, and dribble to do at home through video lessons. Develop yourself about sports at home with the family in an adapted way.

Week 16 - practice

Complex motor skills

Know how to combine body movements used in basketball, volleyball and in understanding differences and similarities between motor skills handball, basketball, and volleyball: bouncing and dribbling; run and bounce; run and throw; make headlines, throw and hit; touch over, and the services from below; jump; launch and jump used in different types of sport.

Week 17 - practice

Games and recreation

Use fine and wide manual motor skills to make toys. YouTube lessons on how to make and play with a kite, or *Pandorga*.

Valuing games as a form of culture and family learning.

Week 18- practice

Differentiated sports in Brazilian physical education:

Martial arts, curly, Frisbee, lacrosse, football, Rugby, Badminton. Know how to search for sports different from those traditionally broadcast in Brazil; know how to organize a work presentation of sports practice. Have autonomy to experiment and search, practice different sports skills at home.

Week 25 -theoretical/practice

6- Family support and support and the practice of physical activity for children and young people to value the practice of physical activity and sport together, between parents and children.

Week 26 -theoretical/practice

7- Healthy lifestyle

Know how to get and what is a healthy lifestyle.

Week 27 -theoretical/practice

8- Physical activity, mental health, learning, and cognition

Know how to identify the relationship between body movement, mental health, and cognition.

Week 28 -theoretical/practice

9- Gymnastics and movement

Know how to identify specific movements used in gymnastics. Challenges in physical activity and sports Practice physical activity to challenge yourself over time.

---