



PROFESSOR KATHY ARMOUR LEADING  
A DISCUSSION ON  
**'Joe Wicks - the new face of  
PE during Covid19 Pandemic?'**



**Friday 24th April, 2020 at 12noon CET**

<https://deakin.zoom.us/j/94078080917>  
Meeting ID: 940 7808 0917

#AIESEPCONNECT  
INAUGURAL  
#COFFEEWITHCOLLEAGUES

### Chat Transcript

1. Please remain muted unless you are called upon by a moderator to speak up. At that point, please unmute yourself, speak clearly and concisely and then return re-mute yourself.
2. Be understanding that there are many people on this meeting, and that you may not get the opportunity to speak. Use the chat feature as appropriate throughout for side conversations.
3. Be respectful of ideas and opinions shared during this meeting. Always assume positive intent - we are in this together!
4. We will be recording this event.

00:26:11 Ash Casey: "You can't play team games on your own" was a quote from a student in my PhD. Given the vacuum Joe Wick explicated - were we/Are we/should we have been/ready to fill the gap left by school closures?

00:28:39 ristomartinen: I don't think the HPE community (as a whole) was ready for this, and was not ready to fill the gap. And yes, we "should've been" ready to fill the gap...

00:28:57 Carpentier: PE teacher 2.0 :

00:29:06 Ash Casey: Given that shirl hoffman predicted this...?

00:30:02 David Aldous: Are we as a disicipline too rigid in our conceptualisation and practice of Physical Health? Education

00:30:27 David Aldous: Do we need to move beyond existing boundaries and rethink the boundaries

00:30:51 Vicky Goodyear: I think David Kirk said 2010ish that a potential future for PE was the distinction of the teacher due to tech and the use of exergames etc

00:30:52 Carpentier: 1 teacher for a whole school.  
teaches online on monday.  
checking homework tuesday to thursday.  
exams on friday at school?

00:30:58 ristomarttinen: Mikael: would love to hear your opinions on this as we continue on with this conversation. Considering I just finished reading the E in PE paper you wrote and gave for the Cagigal Lecture in Edinburgh

00:31:43 Alison Murray: Let's just contextually shift our boundaries and refresh our (online) presence -changing practice and maintaining values.

00:31:48 SHANE PILL: Joe Wick PE reminds me of the popularity of 'health hustles' in DPE in 1980s

00:32:27 Rachel: Thee

00:33:21 Jacqui Peters: And it is devoid of the social and emotional learning that we are so good at as a field.

00:33:56 Carpentier: i agree with Jacqui

00:34:18 Vicky Goodyear: He has hooked families into physical activity engagement in new ways, perhaps that's the sustainability aspect

00:34:23 Mikael Quennerstedt: Education does not end when school ends so PE is not only what happens in school it is what leads to growth of experience throughout life.

00:34:29 Nigel Green: What learning is taking place? Is it education or physical activity?

00:34:56 Carpentier: PE as a cool adult thing. I agree totally new idea

00:34:58 David Aldous: Agree with Vicky, Joe in some respect is making us think about our subject in new ways across new landscapes

00:34:58 Rachel: There is an issue here with regard to access though - those who are engaging - and engaging as families - are perhaps those who are perhaps more 'privileged'. Digital poverty still means that some young people are marginalised - how do we address that?

00:35:30 Attilio Carraro: What do you think about a parallel with Jane Fonda? This is of course provocative :-)

00:35:34 Alison Murray: All these types; Joe Wick, Les Mills we can fuse through current developmentally appropriate principles. Agree that lots of good things going on.

00:35:45 SHANE PILL: Thinking about the E in PE, from a behaviourist paradigm I can see where an educative argument might occur. Parallels with why Health Hustles were once viewed as QPE. I can't see where the educative piece is from a constructivist perspective?

00:35:48 David Aldous: Joe won't go away so we need to evolve and highlight how we can build on this momentum in positive ways for everyone in society

00:36:39 Joao Costa: As Joe Wick is now framed as the "nation's PE Teacher" with a reach of over 1/2M people per "lesson", what might be the impact on the PE teacher identity, both internally in the professional community and externally from the wider society?

00:36:43 David Aldous: There are though issues around equity and inclusion across digital and real spaces that need to be explored

00:36:47 Dominique Banville: I have not seen what Joe Wicks does but I assume it is exclusively about fitness development. Is this only what PE is about?

00:36:52 Ash Casey: I think a fraction of the activity is attributable to Joe Wick. For some (in the UK at least) its one of the only ways of getting out of the house...

00:37:15 Jacqui Peters: Following up on Rachel's comment about equitable access - <https://www.theguardian.com/australia-news/2020/apr/24/teachers-hand-deliver-lessons-to-aboriginal-students-lacking-internet-access>

00:37:21 Javier Fernandez Rio: TV can be the channel. Every one has a tv.

00:37:45 Vicky Goodyear: How he is cleverly using/manipulating algorithms to reach audiences as an influencer is also interesting - different type of role model? could this impact PETE applications - different students??

00:38:06 Jacqui Peters: I think Joe provides an amazing opportunity for teaching our kids critical thinking.

00:38:11 Wendy Russell: I am torn- as this is amazing and love getting people up and active. Will stakeholder and school want this type of PE when we go back. If personal, fun and exhausting is the criteria for a PE lesson? Also good to get fitness into curriculum. So feel mixed emotions/views

00:38:31 Wesley O'Brien: Joe Wicks raising £80,000 for the NHS - impact?

00:38:52 SHANE PILL: I'm old enough to remember when the PT instructor at the gym was known as the phys edder, the footy club fitness coach was the phys edder. Wasn't it Siedentop who argued in his 1972? book that physical education doesn't only occur (and sometimes doesn't occur) in PE classes - it can happen at the sport club, the gym the 'YMCA'?

00:39:26 Alison Murray: One observation is that this is real time embodied practice- and as a nation and some of my PETE students are less embodied. Surely ways to enable us to feel more comfortable with our bodies in active healthy ways is a formative start.

00:39:51 Sarah Williams: What does this say about the pedagogy of PE if one size fits all?

00:39:57 nic.evans@stmarys.ac.uk: Joe is a St.Mary's alumni and I have reached out to him on twitter with no luck

00:40:04 Nigel Green: I did try and contact him about physical literacy about 6 months ago but got no reply

00:40:08 Vicky Goodyear: Aiesep should!

00:40:21 Jacqui Peters: Good old 'Wick'ipedia tells us that he has a sports science degree and has worked as a teaching assistant.

00:40:25 Niamh Lordan: I believe that part of our jobs as physical educators is to engage students in physical education and physical activity which with enable them to become life long learners and engagers in physical activity. If Joe help us achieve that it's not all bad.

00:40:43 Kristy Howells: According to his profile, he is qualified as a personal trainer and has a degree in sports science, not a PE teacher. I believe AfPE and a few colleagues have attempted to reach out to him, but he isn't responding. For how to link up to PE and take PE forwards but again he isn't responding.

00:40:45 Rachel: I'm not sure Joe Wicks trained as a PE teacher per se - I think he did a Sport Science degree. Are we saying that is enough?

00:40:46 Liam: Greg Dryer, CPESA department at Kingston University, reached out, with no response.

00:40:59 David Aldous: Reach out to all fitness instructors who will occupy similar spaces to Joe, they as an industry will have continued impact on the field of 'PE'

00:41:50 David Aldous: We are not calling it schooling in our house, keeping it very relaxed and giving our little dude space to be happy, play and experiment

00:41:50 Rachel: I've had some good conversations with my daughter about what constitutes PE on the back of this

00:41:54 conchurmuimhneachain: Connecting with your audience is always paramount and whether in a PE hall or online you must be able to tap into the interests and energies of your participants. Unfortunately for the PE teacher in class some of your students may not necessarily want to tune in and our challenge is to connect as equally with them from where they are.

00:41:59 Ash Casey: Hoffman (1987) told the story of Murrysville in the year 2020, five years before the end of physical education...are we now in Murrysville with the risk of the end of physical education in school in our near future?

00:42:01 Alessandra Colangelo: maybe it work because everyone can express himself/herself without be judged

00:42:07 Marc CLOES: Maybe regular PE teachers should explain more to their student how to implement what they are teaching in their 'normal life context' (outside school) ???

00:42:16 Jacqui Peters: The work we have done with our pre-service teachers is around continuing to work with the curriculum outcomes meaningfully, rather than being satisfied with PA and fitness as the only focus.

00:42:34 Wesley O'Brien: My wife is a primary school teacher and is prescribing daily Joe Wicks activities for the children across the school - feedback from the teachers, students, parents and wider community is very positive at this moment in time.

00:42:55 Kristy Howells: For those who aren't aware - on Fridays Joes has dress up Friday fancy dress.

00:43:35 Helen Ives: Current Sport England data for adults has an indication that 72% of adults are doing more online home activity:fitness but only 20% of that are doing that with children but of 59% of adults doing 'more' informal play/games at home, 51% of this is with children. So how do we appreciate what parents are doing without Joe Wicks? also, are we not building up again to the previous 'Daily Physical Education programme' (Aus) when we go back to school?

00:43:44 Erin Gerlach: But what do we know about the participation rates? What do we know about social inequalities in participation in Joe Wicks' videos? We get anecdotal evidence that lots of people are participation. But "fun" and "being exhausted" are not really the criteria for Quality PE! Kids have to be enabled to handle offers like real sport, real PA or even Joe Wicks. Joe Wicks might be a chance for participation and degrade barriers for participation (just like real sport and PA

or Wii, xbox...). This should be the direction and a challenge for PE. The other thing is that the social framing of all physical activities is lost.

00:44:03 Marc CLOES: Don't forget that people are not obliged to attend to a Lesson and are motivated by social links. Someone mentioned 'influencer' => JW can be considered as that kind of person using in a clever way new technologies and social media

00:44:07 David Aldous: In Wales, our new curriculum situates digital competency as one of our purposes, PETE students will need to nurture their digital competencies and practice PE in new ways

00:44:09 Alison Murray: Yes- we start with some fundamentals outdoors- using the affordances in the park- natural of course- bumps for jumping and landing and balancing. Then my daughter came home and made us a circuit- lovely-but it fed into her desire to avoid the socialising through games- and was enabled to avoid that across primary PE. Issues now for KS3 and as Helen I states- when back to school..

00:44:14 SHANE PILL: I've observed sport scientists moving into independent schools to teach "movement fundamentals" in secondary PE as an extension of the work they are doing with school sport teams physical preparation

00:44:48 Ash Casey: Can Joe sustain this? daily PE for years and years? Or will we see lots of Clones?

00:45:07 David Aldous: Lots of clones, Joe Mk2

00:45:11 Jacqui Peters: Does Joe Wicks do most of his workouts with his top off? Not familiar with his work but seems to be a trend!!!!

00:45:15 Alessandra Colangelo: the second, probably, something like a franchising

00:45:31 SHANE PILL: Is Joe Wicks a 'fitness' version of The Wiggles?

00:45:37 Wendy Russell: Is it a "fitness class" or PE?

00:45:42 Liam: Globally, schools will be operating with constrained budgets and human resources post COVID-19. Our ability to support teachers operating under these constraints will be important. How do we think school leaders and PE teachers will adapt to this?

00:45:59 David Aldous: Will the Wiggles emphasise physical activity in new ways?

00:46:01 ristomartinen: Ash: Joe has another thing coming to him... he's got a lot of momentum behind him, but I assume young children will get bored of the same type class every day. Same format, without being able to play with friends or use creativity

00:47:16 SHANE PILL: David, do the Wiggles, Hooley Dooleys etc already emphasise physical activity in a 'novel way'?

00:47:17 Alessandra Colangelo: I agree with what Fiona is saying

00:47:19 Sarah Williams: How much of the physical entertainment comes from JW and how much comes from being active with your family?

00:47:36 Vicky Goodyear: He does do the 4 domains - physical, cognitive, social, emotional - differently but are there

00:47:45 Marc CLOES: One of our best PE teachers comes from the fitness industry and consider his student as clients who have to come back. Maybe some PE teachers teach without thinking on that objective ???

00:48:42 David Aldous: Shane, absolutely but I get a sense that they will 'learn' from Joe and place further emphasis on PA and movement - important getting our students to recognise that these types of public shows do emphasise movement in ways that are not 'traditional'

00:48:57 michael: Is part of the new role of PE teachers to encourage students to use youtube and the internet to improve their physical activity and wellbeing to incorporate it as part of what they do, not all of it? I do think it's something that a lot children are more likely to use as adults instead of lots of the games we teach.

00:49:26 Nigel Green: How can Joe personalise learning? How does he take into account individuals capabilities?

00:49:34 Shirley Gray: Perhaps as a profession we should also devote some attention to how we will support pupils when they return to school. Many young people will have had very challenging experiences (negative) in isolation.

00:49:37 Liam: AIESEP = community. Joe Wicks = community. What makes these communities tick?

00:49:41 David Aldous: Everything there squeezed into a small space, which makes the transmission even more powerful

00:49:42 Wendy Russell: It is good that it gets people interested in fitness and being active. So think this will change "old" school curriculums

00:49:45 SHANE PILL: Upon reflection, in Australia, School of the Air have been 'facing' the problem of online delivery of the HPE Curriculum to children in remote locations (like cattle stations) in meaningful ways 'for years'.

00:50:43 Nigel Green: From a personal point of view - there may be activities that some people cannot do

00:50:49 David Aldous: Agency is a really interesting element of this...our choice to engage and why we choose to do so

00:50:50 SHANE PILL: Kathy is 'on point' with that idea imo - its the Wiggles effect.

00:51:14 Ash Casey: Shane: That is a great point - School in the Air.

00:51:15 Theresa Nolan: There was a message to Joe last week from a young child who had physical difficulties to the extent that he couldn't climb a stairs. He's been practicing with Joe every day and can now climb a stairs. So even children with physical difficulties are benefiting greatly from these sessions.

00:51:36 Rachel: I think the transition back to school is an interesting question...

00:51:43 cassandra.iannucci@deakin.edu.au: ... do we (as a PETE community) have a responsibility to support our in-service teachers to provide alternatives/additions to the 'Joe Wicks' as remote physical education experiences? ..To be an alternative/additional 'face of physical education' in the media?

00:51:54 Carpentier: theresa wouldn't he do the same with PE teachers?

00:51:57 Vicky Goodyear: fancy dress friday ;- ) when back to school

00:52:09 Marc CLOES: One risk with JW's approach is that people Don't receive feedback and could make some errors that could have a negative impact on their health.

00:52:22 lionelroche: in the future, one challenge in PETE should be to prepare pre-service teachers to reflect how to continue their own teaching with technologies and online ?

00:52:26 Liam: Monday's should be fancy dress! Why wait till Friday? :-)

00:52:47 Alessandra Colangelo: people and children could become dependent on him or whoever is teaching PE online using social networks. There is no personalization if you considerer the proposal, but people can personalize expressing themselves because of the absence of judge. The positive climate could be maintain but the social relationships are different

00:53:09 SHANE PILL: If Joe Wicks program is PE, schools can save a lot of money by hiring a PT instead of PE teacher!


00:53:18 Carpentier: exactly

00:53:52 ristomartinen: Good point Shane. Scary reality

00:53:56 Vicky Goodyear: when we go back the critical, activist pedagogies to co-construct learning with young people seem important

00:54:33 Fiona Chambers: Agreed, Vicky

00:54:53 Fiona Chambers: What can AIESEP do to help?

00:54:56 Wendy Russell: Or don't even get a PT instead of a teacher. Just put a video on?!  


00:55:08 Fiona Chambers: Research opportunities to change praxis?

00:55:17 Carpentier: PE at home is more economic

00:55:23 Carpentier: cheaper...

00:55:24 Fiona Chambers: Can we be empathic, work with young people to redesign PE?

00:55:34 Alison Murray: Emphasise the embodied notion with requires all dimensions- and support with online, supplemental options which enhance our accessibility.

00:56:22 Wendy Russell: love the idea of using social media and gamification (taken from video games) As a PE teacher I massively pull this into my lessons

00:56:22 Carpentier: Fiona we have and will have to be empathic \$

00:56:32 Marc CLOES: PE teachers' work will be considered when they will sow what they are bringing to the students, to their school, and to the society ...

00:56:35 SHANE PILL: When I was a deputy principal, at principal & deputies meeting I was often asked 'why are we offering that (insert any form of movement) in school time when the children who want to do it can in the school sport program, club program down the road, etc.

00:56:36 Wesley O'Brien: On the current call of 70+ participants from across the globe, it would be interesting to find out: in light of the COVID-19 pandemic, are you a supporter of Joe Wicks, or not?

00:56:40 Ash Casey: Need to read Neil Postman - Amusing Ourselves to Death and the Disappearance of Childhood

00:56:56 Mark Urtel: In the US we had that conversation, PE vs PT, and in some states or districts it is becoming a reality. The outcomes of a PE program should be a bigger talking point in our profession as enjoyment/fun should absolutely be a characteristic of a quality PE program. Why not? There is a lesson somewhere in JoePE.

00:57:05 Alessandra Colangelo: it could be a "dangerous" if a franchising of personal PE teachers will be structured, PE could become and be perceived only as a product to be sold to children...

00:57:16 Joao Costa: @ristomarttinen - looking forward to hear a podcast episode on this discussion :)

00:57:33 SHANE PILL: Good idea, Risto

00:58:08 Alessandra Colangelo: I agree with Risto. Good idea

00:58:20 Theresa Nolan: Make PE teachers available for full time sport so students can join in anytime/all the time!

00:58:23 ristomarttinen: Would love to! Let's set it up!

00:59:35 Alison Murray: Likely brain development through these newer facets have impacted perceptions- opportunities to refresh with Kathy's invitation to embrace.

00:59:37 conchurmuimhneachain: When a PE was attempting to have his class reflect on their learning he was responded to by a student saying 'PE is supposed to be fun'. JW will make the expanded E in PE more difficult.

00:59:39 David Aldous: Maybe define ourselves but what we stand for not what we stand against but in a way that connects to people

00:59:56 nic.evans@stmarys.ac.uk: It hurts to say it, but children often report that they do not enjoy and are not satisfied with PE. So we do need to hugely embrace change and recognise what works, and what Joe does seems to satisfy the need to connect as a family's high is a huge positive

01:00:10 SHANE PILL: I enjoyed hearing the way Kathy framed that. A call for appreciative inquiry to discover the best of what is, to sit alongside the critical inquiry, perhaps?

01:00:28 Jacqui Peters: I feel like when we define ourselves, we are not necessarily saying we are NOT that - we are saying we are not JUST that.

01:00:30 David Aldous: Totally agree with Shane's point



01:00:46 Rachel: I wonder if there is an ethics issue here too - Joe Wicks has managed to link quite easily with his audience but he's not had to navigate ethics processes

01:00:48 cassandra.iannucci@deakin.edu.au: cassandra.iannucci@deakin.edu.au

01:00:53 David Aldous: Great point Jacqui

01:00:54 Joao Costa: Well pointed out Shane

01:01:02 Vicky Goodyear: This monthly is good!

01:01:04 nic.evans@stmarys.ac.uk: Really enjoyed Kathy's comments on current PE

01:01:15 Kristy Howells: Perhaps we need to frame ourselves in celebrating the positives of Joe but take the next steps.

01:02:24 ristomarttinen: Yes! It was great to get another look into this situation. I like the view of riding the wave to somewhere better instead of standing on the beach waiting for the wave to knock you over. Let's embrace this new time. Agree with Kathy on building on this.

01:02:29 Alessandra Colangelo: I agree!

01:02:41 SHANE PILL: David, if you have an idea for an appreciative inquiry DM me if interested in a collaboration

01:02:58 Carpentier: at least everybody do more exercise than ever.

01:03:01 cassandra.iannucci@deakin.edu.au: Already on it, @Vicky! We have our next #AIESEPConnect #CoffeeWithColleagues set for May 29th

01:03:04 David Aldous: Shane - that would be awesome, I'll email you later

01:03:13 David Aldous: Would be great to connect

01:03:47 David Aldous: Risto - your analogy is brilliant but it is making me miss my surf/paddle ;)

01:04:08 Alison Murray: Thank you for this superb platform. :) Interested in collaboration too.

01:04:25 ristomarttinen: Who is in to carry on a conversation and record a podcast about this via WhatsApp call? I am ready to go right after this or we can schedule later. Email me rmartin@gmu.edu

01:04:34 Carpentier: thank you. I'll try to be there next month.

01:06:02 Joao Costa: As usual, very insightful comments Kathy. Thank you very much. And thank you to AIESEP for "riding the wave" in setting up this initiative. Look forward for more of this and other online initiatives in the future. :)

01:06:57 Jacqui Peters: Thank you Fiona and Kathy!

01:07:01 Attilio Carraro: Thanks a lot Kathy!

01:07:17 David Aldous: Diolch Fiona/Kathy and everyone for their interesting viewpoints

01:07:19 ristomarttinen: This was great! Thank you for setting this up.

01:07:31 Tony Sweeney: Thanks Kathy, Fiona, Marc and all at AIESEP. Great to connect.

01:07:33 Ash Casey: Thanks AIESEP - please remember the #HPEatHome on social media

01:07:46 Fiona Chambers: Thank you everyone...and now ACTION - email Cassandra if you wish to join with AIESEP members in progressing research in this area:)

01:07:49 Melisa Chong: Thanks Kathy and Fiona!

01:07:56 Elise Houssin: Thanks for this wonderful idea and looking forward sharing more #connectcoffemeetings !

01:08:01 Ash Casey: and #PETEatHome

01:08:10 IVAN RIOLO: Presently we are exploring methods and pedagogies which celebrate the multi-dimensional aspects of PE. Reducing PE to programmes which makes the physical domain the main aspect would unfortunately revert to once again a reductionist view of perhaps the most creative subjective on the curriculum. We need to explore pedagogies which value this multi-dimensionality..

01:08:18 Fiona Chambers: Next dates: 29th May 4pm GMT and 26th June time TBC

01:08:39 Vicky Goodyear: Thanks all!

01:08:40 Zyung: Thank you ~ My dear AIESEP Family^^

01:08:55 Fiona Chambers: So lovely to see you all:)

01:09:44 Shirley Gray: Thanks everyone.

01:09:49 Fiona Chambers: Thanks too to Risto, Ash, Vicky, Doug and Jaime for all their work in connecting our profession across the globe!!!

01:10:13 Fiona Chambers: #AIESEPConnect:)

01:10:55 Fiona Chambers: Watch out for Twitter Poll for suggestions for topic and thought leader for Friday 29th May 2020 at 4pm.

01:11:22 Ash Casey: Thanks Fiona...

01:11:35 Wesley O'Brien: Thank you very much for the positive discussions this morning - happy Friday all :) Well done AIESEP (Fiona, Kathy, Marc, Louise, Risto, Ash, Vicky, Doug et al.) Great chat also, the Zoom equivalent of 'WhatsApp'!!!

01:11:58 Helen Ives: Thank you :-)

01:12:18 SHANE PILL: AIESEP thank you for organising this chat :-)

01:12:21 Sarah Williams: Well done AIESEP and thank you

01:12:29 Theresa Nolan: Thank you very much for this interesting and progressive conversation. AIESEP thank you

01:12:36 Trevor Cummins: Thanks for the oppurtunity to join in on the discussion. Will keep a close eye on this thread over the next while. Thanks, Trevor

01:12:38 conchurmuimhneachain: Go raibh míle AIESEP