

PE Class Expectations

Hello students,

I hope everyone is doing well and has developed a routine that is making school work at home manageable. As we continue on with learning from home, I want to update you on how PE class will be conducted from now on.

Each day, ***other than Monday***, there will be a daily question. It is your job to log on and answer the daily question that day. Meaning, you cannot answer Tuesday's question on Wednesday. Your participation on the daily question is representing taking attendance for class.

On Monday's there will **NOT** be a daily question posted. Instead you will join my Google Meet for attendance. This will be at 10:00 am for 7-8 PE and 10:15 for 9-12 PE. I will not require you to spend excessive time in our meetings, but I want to be able to check in with you all more regularly. Participating in our Monday morning meetings, will also be incorporated into your daily grade.

Additionally, we will be continuing with our physical activity logs. These completed logs will be due at the end of each week. You may hand them in on Friday when you have finished your physical activity for the week, or you can hand them in Sunday when the rest of your assignments are due with no penalty. I will provide you with a new blank log each week. I will "assign" this to you via google classroom. You will click on the box and type in the activity you did and for how long. The grey shaded box at the top is an **example**. You do not need to do those same exact activities.

I expect you to get at least 20 minutes of physical activity each day. Physical activity is crucial for your well being. There are significant benefits to doing some physical activity for your mental, physical, and emotional health. This will help you with your other school work. Just taking a quick break to go for a walk, get outside, do yoga, or anything can help refocus and recenter you. If you do more than 20 minutes, excellent! However, you are not to do 60 minutes of physical activity in one day and have that count for three days. There should be an activity for each day.

Each day you are going to be able to earn a grade, your grade will be based on google classroom post discussions, joining our google hangout class meetings, and filling in your daily physical activity logs. It is very important you stay caught up on your work. If you need help or have questions or concerns please do not hesitate to reach out to me.

Please respond to this email so I know you have read it and are aware of the expectations moving forward. I will give you points for responding.