



PE Distance Learning Guidelines for Upper School Students Mod 5

All US students will have an **In-School PE** class AND an **Extracurricular PE** option.

In-School PE Class: Complete eight out of 10 sessions throughout Mod 5. Once you have completed a workout, submit the Google form so that the PE department can track your participation. Workouts will be posted every Tuesday and Thursday. Please do not wait to send in all eight Google forms at one time; the goal is for you to be active two times per week.

Extracurricular PE: Complete 10 hours of activities and submit the Outside of School PE form to Alyssa by Friday, June 5. The Mod 5 Outside of School PE form is available on the portal.

Athletes: If you continue to maintain your attendance and participate in the activities for your spring sport, you will see one credit on your Mod 5 report.

Note: If you are behind in credits, you may take the In-School PE class AND complete a Mod 5 Outside of School PE form. This is a good opportunity to help you catch up on credits and get back on track for the start of the 2020-2021 school year. If you are behind more than one credit, please reach out to Alyssa for a plan.

*This "lesser" Mod #5 PE requirement is **NOT** an opportunity to get ahead in your PE Credits. We are trying to be realistic in what everyone can and cannot do while engaging in social distancing and remote learning from home. If you have any questions about whether you need the credit for Mod 5, please reach out to Alyssa.*