

Physical Education!

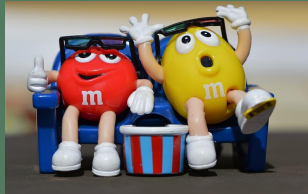


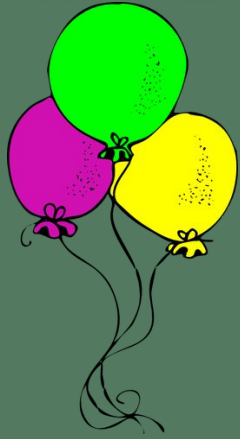
With
Mr. Morales

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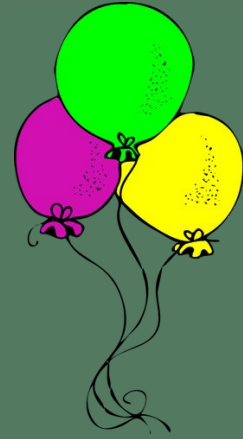
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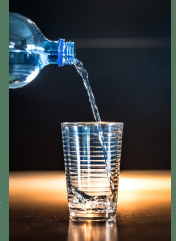
WELCOME BACK!



We hope you had a great summer!
Our goal is to get your kids moving!

What do you need for Virtual P.E.?

1. Check Google Classroom every day that your child has gym for google meet or zoom links.
2. Your child will need a dedicated space where they can move safely.
3. A positive attitude and good behavior!
4. Water!
5. We will send out any updates if your child needs equipment for class. Examples: Socks, plastic cups, plastic bags, paper plates, deck of cards, etc.



Physical Education Topics?

-**Skill-based/Fitness** - locomotor, tossing, catching, throwing, eye-hand coordination, striking, kicking, movement pattern, dance, yoga, physical challenges, etc.



-**Anatomy:** Heart rate, cardiovascular system, muscular/skeletal system.

-**Wellness/Health:** nutrition, hygiene, sleep habits, goal-setting, stress management, wellness, mindfulness, positive-thinking, acts of kindness



How Do We Do This?



1. Show up! That's half the battle. Students should stay on "mute" until called on. It is fine to say hello when you first come into class.
2. Students are expected to follow along and cooperate with the lesson. Students will be able to use the chat box for asking questions or responding to questions from us.
3. What if your child doesn't feel comfortable on camera? That is ok! Just have them practice their skills we give them by doing "Camera Adjacent"(See demo). But please do keep your camera on.
4. Be flexible. Things might not go as expected. We are all learning together.



Grading?

Participation (50%)- Present and participating, adhering to norms/protocols. Start at 100 and decrease by two points per day if not meeting expectations.

Performance (30%)- Completion and meeting expectations of live task activities (answering google classroom questions, turning in independent practice assignments. Start at 100 and decrease by two points per day if objectives aren't met.

Performance (20%) - Portfolio- Each student will showcase their best work once a week (photo, video, log response post), housed in an ongoing google slide. Start at 100 and reduce points at certain time periods (week 3 and mid quarter) if not meeting expectations.



Questions or Concerns?

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