COACH OCHOA

STISD VIRTUAL ACADEMY

Physical Education 6-9

Conference Time: 3:15PM- 4:00PM
Email: denise.ochoa@stisd.net
Remind Code: @peva21

COURSE DESCRIPTION

Through K12's physical education course, students are exposed to diverse activities and learn a wide variety of fitness concepts that they can use in their everyday lives. Students learn skills for lifelong activities. They are able to measure their progress and accomplishments through the completion of fitness tests. The lessons give students exposure to many activities that can be incorporated into their daily lives today, tomorrow, and in the future.

TECHNOLOGY

Office 365   **Stride K12**

Kahoot   **Quizizz**

Nearpod   **Remind**

Download apps on mobile device and create an account or use browser on computer. We may use other apps not listed.

NETIQUETTE

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing email and when taking part in collaborative and discussion board activities. Students are expected to adhere to the South Texas ISD Acceptable Use Policies when Using Networks. More comprehensive student code of conduct can be found on our website.

COURSE REQUIREMENTS

- P.E. Dress Code
  - All students must wear a complete change of Physical Education attire in accordance with the STISD dress code. Failure to dress out appropriately will result in loss of points.
  - T Shirt or long sleeve athletic top (no crop tops or muscle shirts)
  - Socks and tennis shoes worn properly (no sandals or slippers)
  - Athletic shorts or pants
- Hygiene
  - P.E. clothing should be washed regularly
- Students must be synchronously present 100%- 90% of their scheduled class time to receive credit for the course. (See attendance policy for more details)

Retest/Make-up Policy: Students who need to take a re-test/make-up will need to communicate with their teacher to schedule a testing date.

Homework & Daily Work Guidelines:
- All assignments are due on the designated deadline.
- Points will be deducted on any late assignments.

Log into your Infinite Campus Portal to stay updated with grades & attendance.
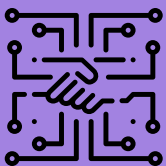
GRADING

PARTICIPATION

- Students are expected to be engaged in the activities of the day. Students who are not dressed out properly may not be allowed to participate. Students are expected to follow instruction at all times to ensure the safety and enjoyment of the activity. Students who fail to comply with the rules will seek further discipline or deductions. All students are expected to display proper etiquette when interacting with others. BULLY-FREE ZONE.
- Students should log into the course daily to complete assignments and to check for announcements.
- Students must join at their scheduled synchronous PE time (at least 90% attendance).

ONLINE COMMUNICATION GUIDELINES

- Always sign your name to any contribution you choose to make.
- Be constructive in your responses to others in the class.
- Do not use all caps (Doing so may be interpreted as shouting).
- Re-read your postings before sending them.
- Always think before you write.
- Respond respectfully.
- Use appropriate grammar and structure.
- Spell-check your postings.
- Use short paragraphs focused on one idea.
- Use appropriate language at all times.

DIGITAL CITIZENSHIP STANDARDS & EXPECTATIONS

- Be on time.
- Wear proper attire. (school appropriate active wear)
- Choose a good location and be aware of your background of your video camera when you are in a meeting.
- Mute yourself right when you join and keep your microphone muted when you are not speaking.
- Use the chat to ask questions and make comments related to the topic discussed.
- Give your full, focused attention.
- Use respectful behavior and language.
- Stick to appropriate topics of discussion.
- Use only appropriate icons, emojis, and avatars.

ATTENDANCE POLICY

- Attendance will be taken every synchronous class period.
- Students must be present during synchronous class time.
- Students must be present the entire class period to be counted present. (45 min synchronous class period)
- Camera must be on and students must remain in frame.
- 90% attendance is required per course to receive credit.