



## Health and Physical Education On- line Learning Scope and Sequence

**Shaw Middle School students and parents, home of the Vikings! We are in a process of changing the way we learn for the rest of the school year. A successful Physical Education class is built upon a foundation of mutual respect and effort. With your cooperation, we will be learning from a distance how to stay healthy and moving. Let's get up and moving!**

| <u>Date</u>  | <u>Assignments &amp; Expectations</u>   |
|--|---|
| <b>Monday, April 27<sup>th</sup> through Thursday, May 30<sup>th</sup></b> | Complete workout posted in Microsoft teams and Welnet. Be prepared to talk about it on Thursdays during chat session! This week we will focus on warm up exercises, see the added page. I will also add YouTube videos like this: <a href="#">Video</a>   |
| <b>Thursday, May 30<sup>th</sup></b>                                       | Thursday "PE Check In" using Teams video chat. The two optional times you are expected to be logged on are: <ol style="list-style-type: none"> <li>1. 2:30pm – 2:50pm</li> <li>2. 3:00pm-3:20pm</li> </ol> If you have a conflict with another elective, please let me know! I cannot wait to see you all! I will be doing a "roll call". |
| <b>Fridays</b>   | Written academic: <ol style="list-style-type: none"> <li>1. Log in to Clever Portal</li> <li>2. Find Welnet and open</li> <li>3. Find your name and complete the assignments. The program will generate your grades automatically.</li> <li>4. This week is Five for Life Unit</li> </ol>   |
| <b>Weekly Challenge</b>  | This week weekly challenge is juggling. The first student to complete 21 tosses with three juggling balls will get a prize. Watch my video posted on Teams and Welnet.  |

**Check out page 2 for answers to questions you may have.**

| <u>Question</u>                                | <u>Answer</u>   |
|--|---|
| What is the Grading Criteria?                  | <ul style="list-style-type: none"> <li>• Participation &amp; Effort – 50% (Assessed daily)</li> <li>• Written Academic – 50% (One unit per week)</li> </ul>   |
| What does Fitness Participation & Effort mean? | <ul style="list-style-type: none"> <li>• Completed Monthly Fitness Calendar</li> <li>• Completed Daily work outs</li> <li>• Lifetime Activities</li> <li>• Assessed daily and can cross over</li> </ul>   |
| What does Written Academic mean? (Welnet)      | <ul style="list-style-type: none"> <li>• Introduction to students</li> <li>• Fitness Components</li> <li>• FITT Principle</li> <li>• Diet/Nutrition</li> <li>• End of Course Assessment</li> <li>• Creating Daily Fitness Plan</li> </ul>   |
| Where do I find what I'm doing?                | <ul style="list-style-type: none"> <li>• <b>Workouts:</b> in TEAMS/WELNET</li> <li>• <b>Check ins:</b> TEAMS Video Mtg on Chat</li> <li>• <b>Ask questions:</b> in TEAMS chat or email</li> <li>• <b>Weekly Scope &amp; Sequence:</b> Posted in TEAMS chat also found in files.</li> <li>• <b>WELNET:</b> Written Assignments and newsletter</li> </ul> |