**Course Overview:**

Our Distance based Physical Education Courses combine online activities with instruction and actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. Our goal is to promote a keen understanding of the value of physical fitness. We aim to motivate students to participate in physical activities throughout their lives.

Each class requires routine participation and documentation of physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation verified by video and other online submissions to ensure that students meet their requirements and responsibilities. These courses are developed with current State and National Physical Education Standards in mind.

**Exercise Requirements:**

Students are expected to complete 25 minutes of activity each day. This includes activities such as yoga, mobility, strength and muscle building as well as cardiovascular choices such as running and walking.

**Units and Topics of Study:**

 **1: Health Benefits of Physical Fitness**

Students receive an overview of why physical fitness is important and how to prepare for workouts through stretching. Students engage daily in a physical activity and understand its importance to both physical and emotional health

 **2: Cardiovascular and Respiratory Health**

Students engage weekly in a cardio activities of their choice for at least 25 minutes, recording what they've done via Map My Run or other fitness tracking application. Students submit these workouts weekly to their teacher.

 **3: Muscle Strength, Endurance, and Flexibility**

Students engage in physical activity of their choice for 25 minutes, recording what they've done in an activity log, which is then signed by a parent or other legal guardian and submitted to the teacher.

**4: Skill Enhancement: Motor Skills and Movement Patterns**

Students learn the principles of biomechanics and movement patterns, and gain an understanding of how basic physical laws govern athletic performance. Students will showcase sports or movement skills and submit their findings to their instructor.

**Technology Requirements:**

Students will need to download fitness tracking apps for submission of weekly workouts:

**PLT4m App** <https://plt4m.com/> : This app has access to online strength and mobility workouts. This gives students guidance, workout structure and tutorial videos for each workout. It also allows students to document exercises completed and allows teachers to document time spent on workouts. Look on your Teachers website to find instructions on how to download the app.

**Map My Run App:** This app enables you to track your cardio activities for the week. You can use the App to set distance and time parameters for each workout as well as check your pacing. The app will allow teachers to get documentation of each workout.

**SeeSaw:** This app is where all students will submit their work to be graded (workout video, map my run pictures and choice activity form). Each specific activity will have its own folder that you will need to upload your work into.

**Grading: We are going to continue to use our 4 point scale.**

**4 points =** Wow, Great Job! Daily strength and mobility workouts have been logged on PLT4m app or SeeSaw. Video has been properly submitted along with workout. Video includes all phases of workouts in submission. Cardio Activities have been appropriately documented on Map My Run and turned in instructor in proper from. Choice activities are returned with proper parent signature. Choice activities have an effective explanation that allow the instructor a clear picture of the student selected workout.

**3 Points=** You got it! Daily strength and mobility workouts have been partially logged on PLT4m app. Video has some elements of daily workouts. Video has been properly submitted along with workout. Cardio Activities have been documented on Map My Run and turned in instructor on proper form after due date. Choice activities are returned with parent signature. Choice activities have a limited documentation of student selected choice.

**1-2 Points=** Have not yet achieved standard. **Can redo at any time for full points**. Workouts have not been properly logged on PLT4m and are missing video submissions. Cardio Activities are not sent to teacher on Map my Run properly and are missing time and distance for workouts. Choice activities are not documented properly and are missing parent signature.

**\*If you are a student who has 2 PE classes, you will be asked to complete the work for each class you are enrolled in\***