

Lake City PE Distance Learning Document

Full Time Family Flex and Distance Learning PE Student Expectations

- ★ Students will be expected to meet with their PE teachers on their Monday Zoom time.
- ★ Students will complete at least **THREE** physical activity logs each week. These will be due Friday of each week by 11:59 PM, and submitted to schoology under the unit the class is currently in.

Example: “Basketball Daily Participation” if in basketball.

[Physical Activity Log Sheet](#)

[Example of a GOOD Activity Log Sheet](#)

[Examples of Physical Activities](#) (Each must be minimum of 30 minutes)

- ★ Students are expected to follow along with all schoology tasks.
- ★ Students will work on creating a slide presentation for the unit they are currently in for class as part of their participation grade. This will always be due at the end of each physical education unit. Students should pay attention to what unit they are in from the schoology calendar.

[Click here to get this document](#)

[Click here to see an example of what that looks like](#)

Temporary Quarantine Students and Students who are absent from class.

- ★ Students will be expected to complete ONE physical activity log for each day that they miss class. Always submit to schoology to whichever unit the class is currently in.

Example: “Basketball Daily Participation” if in basketball.

[Physical Activity Log Sheet](#)

[Example of a GOOD Activity Log Sheet](#)

[Examples of Physical Activities](#)

- ★ Students are expected to follow along with all schoology tasks.
- ★ Students who are dealing with illness may switch their physical activity log to any of the following if need be.

[Podcast Reflection](#)

[Meditation & Reflection](#)

WORKOUT RESOURCES BELOW!

[Click here for Workout Resources!](#)