

Hello Everyone and Welcome to online PE! I hope everyone had a restful and safe spring break.

As we go through this process together, please stay open minded. My main goal is to get you through this class **STRESS** free. Staying active through this time is **CRUCIAL** to your physical and mental health. Even though most of us are stuck at home, this is a great time to get creative and use your online resources.

That being said here are a few things you can expect to do for our class:

1. **DAILY workouts:** Our goal is to be active for 60 minutes every single day. I will post a workout that you can do at home every day. You may use this workout or you may create your own. I also have a folder on Google Classroom Titled "Workout Resources" if you choose to use those workouts as well. Hold yourself accountable and stay active during these next few weeks.
2. **Weekly Bell Ringer:** This Bell Ringer will focus on Test Review Questions that you would have seen if you would have taken the End of Year Exam.
3. **Fitness Logs:** You will complete these based upon our online learning Calendar, which is also attached in this Google Classroom Folder. This is to track your progress of your online workouts. You will complete the form and answer all questions. You will have a workout every day as stated above, but you will complete the fitness log on one chosen workout. You may have 1-3 Fitness Logs a week (Refer to schedule for due dates).

I will be available by email 9am-4pm Monday through Friday, and it is my duty to answer your emails within 24 hours. I will try my best to answer After Hours emails, but I will get back to you the next day.

I am here for you all, and if you need extra time for assignments/extra clarification and help/ideas for workouts, do not hesitate to email me.

**BUT**—I will not excuse **late work** if you did not contact me prior to it being late, and every day your assignment is late it will be 10 points off.

I know these next few weeks will be interesting, but you must have your health in mind! Eat healthy foods and get exercise and you will be much happier during this time.

Stay Safe!

Coach Guice