**Online Physical Education Summer 2018**

**Instuctors: Mrs. Butalla (butalst@masd.k12.wi.us) & Mrs. Skemp (**[**skempje@masd.k12.wi.us**](mailto:skempje@masd.k12.wi.us)**)**

**Informational Website:** [**www.mhsphyed.weebly.com**](http://www.mhsphyed.weebly.com)

**Dates: June 10th - July 15th   Online via Focused Fitness & Google Classrom 1/2 cr. PE**

**Offered to: Freshman, Sophomores, Juniors, and Seniors**

**Mandatory Face to Face Meetings: Please attend any 2 of the following dates**

* **June 19th, June 21st, July 10th, July 12th**
* **Meetings will take place at the High School Track - Meet by the Long jump Pits**
* **Meetings will be at 6 am and last about 1 hour in length**
* **You will be working out so please Remember to EAT breakfast & Bring WATER!!**

**\*\*\* Appropriate attire MUST be worn and you must have a calculator, pencil/pen, and stopwatch with you. (cell phones should work)**

**Description:** The purpose of this course is to acquire knowledge of physical fitness concepts, understand the influence of lifestyle on health and fitness and begin to develop an optimal level of fitness. The content includes, but not limited to the following: FITT Principle, 5 Components of Health, assessing your activity with your Fitness Tracker, goal setting, nutrition concepts, healthy mind and body, and creating a personal fitness plan.

Students will earn 1/2 a Physical Education credit for this course. Grades earned will be posted on Infinite Campus and on Student's transcript.

**Course Schedule**: This is somewhat flexible (you can work ahead if you’re planning a vacation, etc.)

**May 31st- June 10th-** Introduction to Student

**June 10-June 17** - Unit 1 - Setting the Bar for Fitness/Assessing your Activity

**June 17-June 24** - Unit 2 - FITT to Train/ What Moves You?

**June 24-July 1**- Unit 3– Cardiorespiratory Endurance and the FITT Principle/ Muscular Strength, Muscular Endurance & the FITT Principle

**July 1-July 8** - Unit 4 - Fueling your Body

**July 8-July 15** - Unit 5 - Achieving a Balanced Body/Healthy Mind and Body/Taking Charge of your Health/ Final Exam

**Mandatory Wrist Worn Tracking Device:** Students **MUST** purchase their own wrist worn tracking device. This device must be able to track the students steps throughout their daily activity. Below is a list of devices that are compatible with the online PE 1 course software. We are **NOT** requiring students to purchase one of these devices if they already have their own or another brand they would prefer to use. 50,000 steps will be required weekly throughout the 5 week course. If students purchase a compatible device they will be required to upload their steps via the online portal through Welnet (online curriculum software). If students use a device not on the compatible list they will be required to upload their weekly steps into Google Classroom via a weekly summary screenshot.

Supported devices from Movable include the Movband 2 and the Movband 3. Supported devices from Polar include the Loop, Loop 2, Loop Crystal, A300, A360, A370, M200, M400, M600 and V800. Supported devices from Garmin include vivoki, vivofit3, vivosmart HR, vivoactive HR, and vivofit jr. Each device must be used by a single student.

**Questions:**

Because I will not see you every day it is YOUR responsibility to contact me if you have questions. This can be done through Welnet OR groupwise email.

**Attendance Policy:**

This course requires only 2 Face-to-face meetings besides orientation. Please remember you MUST attend these meetings or you will be dropped from the class. If you have a conflict it is your responsibility to contact your instructor prior to these dates.

Please remember that the Units will open and close at different times throughout the summer. You need to make sure you are completing the Unit assignments with the allowed time. We are expecting that students log on to their online course a minimum of every other day. This is where all communication will take place so it's very important that students are staying on task. Students not meeting deadlines and/or not logging in consistently will be contacted via their MASD student email accounts. If students fail to log on within the next 24 hours the teacher will make contact with the student and/or the student's parent or guardian. However, please feel free to WORK AHEAD to plan for vacations, sports, travel, and other summer activities. We understand how crazy summer can be.

**Log In Information:**

Class website=[**https://www.focusedfitness.org**](https://www.focusedfitness.org)

**Username= Your student ID number**

**PASSWORD= your last name**

**Steps to get to Online Learning Classroom:**

1. **Go to the above website**
2. **Login on the top of the page (Welnet)**
3. **Once logged in, on the left side of page click online learning**
4. **Choose the course that you are in – Physical Education Level 1**
5. **You should now be in the course and able to explore**

**Helpful Tips to help for Success:**

* Stay ahead or on time with units/dates
* Log in daily to check email and complete assignments
* Attend face to face meetings
* Ask questions!!!

**Fitness Tracker Assignment:**

**Each week you will be responsible for syncing or uploading your Fitness Tracker to the appropriate site ( Welnet or Google Classroom) via weekly screenshot summary.**

* You are required to achieve 50,000 steps per week. There are 5 weeks total.
* You should achieve at minimum 250,000 steps in the 5 week course.
* You should be syncing your device weekly to make sure you are achieving the required amount of steps each week.
* Recommended sync dates are June 17th, June 24th, July 1st, July 8th, July 15th,
* Weeks will run from Sunday to Sunday.

**Google Classroom:**

**TO JOIN YOUR CLASS:**

If you have google classroom- open it and enter the correct class code.

If you don't have google classroom- Go to the google app store, download google classroom and find the location that asks for the class code or says join. Enter the correct class code.

If you are having any issues go to the contacts link to contact your teacher.

**Mrs. Butalla Mrs. Skemp Mrs. Skemp**

**Section: 503OL-3 Section: 503OL-1 Section: 503OL-2**

**Code: 3nrjp0f Code: 7ynkaf3 Code: esyywt**

**GRADING -**

* Grades will be updated weekly.
* Grades will be entered in Infinite Campus as Unit grades not individual assignment grades.
* Tracking Device assignment will be worth 250 points - 50 points a week. This grade will not be entered until the end of the course.