

Patrick Zimmerly

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Physical Education

Introduction to Teacher's E-Learning Plan:

All tasks will be assigned through Google Classroom. We will attempt to structure our class routines as close to what students are familiar with when we are together in the gym.

With Physical Education being a performance based class we will typically have an "activity reflection" survey/log for students to fill out.

We will continue to focus on cardiovascular health, Flexibility, and Strength through new and creative means! Please be patient with us as we work through a much different way to provide information and accountability for students.

[Google Classroom](#) codes:

- 1st hour: rlcapy
- 3rd hour: tcscqp3
- 4th hour: usc6gtn
- 6th hour: q6szgzi
- 7th hour: jizj424
- 8th hour: g2yoayi

Students may also follow these steps to login:

1. Go to classroom.google.com and click Sign In. Sign in with your Google Account. For example, yourfirstname.lastname@urbanasd116.org
2. Find your class card (1st Hour, 3rd Hour ...etc.) click Join.
3. Each student on my roster has previously been invited to join. I believe Google Classroom has sent emails with links to each student's individual class. Please don't hesitate to ask for additional help if needed.

The Physical Education/ Health department has provided some links to fitness activities that will be available in Google Classroom. We are asking that students choose some/any of those links to participate in individual fitness activities. Students would then fill out an Activity log and answer some questions about their fitness activity. As of now, I believe, it will be an assignment due at the end of the week, but that could change to daily logs.

Individual teachers may include additional assignment suggestions for fitness activities. For my classes our typical week will focus on the following:

Mondays: Cardiovascular Health- (Walk, Jog, Run, Sprint)

Tuesdays: Flexibility

Wednesdays: Wednesday Fitness Challenge!

Thursdays: Strength

Fridays: Student Choice

Weekly Lesson Overview:

Week	Learning Targets/Description
March 30-April 3	Google Classroom- Daily/ Weekly Fitness Logs
April 6-April 9 *No School April 10	Google Classroom- Daily/Weekly Fitness Logs
April 13-April 17	Google Classroom -Daily/Weekly Fitness Logs

Online Learning Tools/Resources (Include Login Information needed):