

5th Grade Physical Education

Dear Parents,

Welcome to HCMS Virtual PE. My name is Lonnie Newland & I will be your child's Physical Education Teacher this year. Virtual PE will look different than regular PE due to COVID-19 and the resources available for online learning. The purpose of this letter is to explain how the class will work and the expectations for students and parents.

All students will be expected to join their grade level PE Google Classroom. This will be used to post weekly assignments as well as list resources such as Fitness / workout related videos and weekly challenges. The Classroom can also be used as a way to communicate with other students as well as PE staff.

Students will be required to attend 2 virtual meetings per week. We will be using Google Meet for these virtual classes, which is linked in the Google Classroom. They will be given participation points for attending and participating in these meetings. Most meetings will involve some type of physical activity, so appropriate athletic attire and shoes should be worn. Students should also have a water bottle or convenient access to water.

Each week students will also be required to complete a weekly Fitness Activity Log. The logs will be posted in the participation category of the Google Classroom. Every Monday there will be a new assignment with a new Log. The Fitness Activity Logs must be completed, signed by a parent or guardian and submitted by Friday afternoon. The fitness logs are worth 30 points each week.

We will also be taking quarterly fitness assessments. These assessments are worth 100 points. We will use basic timed exercises to measure muscular strength, muscular endurance, cardiovascular endurance and flexibility. The assessment score will NOT be based on fitness level. It will be based on effort, form and individual improvement over the course of the year.

In the Google Classroom there will be optional weekly challenges and optional fitness related video categories. These categories can be used as resources to help complete the Weekly Fitness Activity Log. These resources are NOT required Assignments.

I will be available to answer questions or provide support throughout most of the week. There are several modes of communication that can be used, including Google Classroom, Google Meet, email or by phone. If for some reason I am unavailable, I will get back to you as soon as possible.

- **Email:** newlandl@harpercreek.net
- **5th Grade Google Classroom Code:** g4hhe7y
- **Office Phone:** (269) 441-4778
- [Course Syllabus](#)

As this year will bring a new set of challenges for all of us, it is my hope to make this a positive experience for both students and parents. I look forward to a fun, safe, and fit school year.

Sincerely,

Lonnie Newland