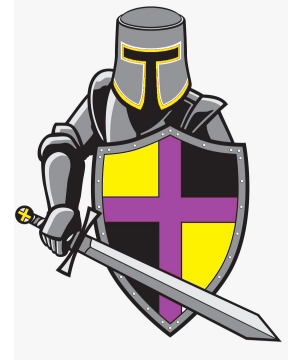


Comstock PE Distance Learning Syllabus

Mrs. Clark (7th grade)
Mrs. Byers (7th/8th grade)
Mr. Weber (8th Grade)



OUR PHYSICAL EDUCATION MISSION STATEMENT: The mission of Physical Education is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

Comstock Physical Education Expectations

1. Students should have access to an area with open space such as a room, garage, patio, outdoor area where they're able to participate in physical activity.
2. Dress Code: Students must be dressed in school-appropriate workout clothes and tennis shoes. You will lose points if you're not dressed properly and ready to participate. Good examples : athletic shorts or sweats, T-Shirt, tennis shoes and socks. If you have long hair you must wear your hair in a ponytail to keep it out of your face.
3. Students must log in to their online meetings on time. If you're tardy to class, you will lose points and your grade will drop.
4. Factors that contribute to your grade:
Attendance, participation, attitude, work ethic, improvement in skills and technique, conduct during online class, ability to follow instructions, and completion and quality of assignments
5. You will meet with your teacher for a live workout twice per week (synchronous work). You will also be required to do various assignments and workouts on your own (asynchronous work).

Missed Work and Medical Excuses

*Students will be responsible for making up any missed workouts or assignments. In order to make up a missed online workout class, students must complete a 30 minute

fitness activity of their choice. In addition to the fitness activity, students must complete the Make-Up PE Assignment on the Google Classroom.

*Students that miss class due to an illness and are too sick to log in to the daily class will be responsible for contacting their teacher via email explaining their reason for missing class.

*Students with medical notes excusing them from the daily workout will be expected to log in and watch the class. The student is responsible for making up the missed assignment with a modified exercise routine they choose.

Example: If a sprained ankle prevents a student from participating in their PE class, the student will pick a modified alternative exercise video from Youtube. A yoga routine or an upper body workout routine would be great choices.

PLEASE UNDERSTAND VIRTUAL ONLINE LEARNING IS A NEW EXPERIENCE FOR ALL OF US AND WE WILL NEED TO BE UNDERSTANDING AND FLEXIBLE. TEACHERS AND STUDENTS WILL BE LEARNING TOGETHER WHAT WORKS BEST IN THIS ONLINE ARENA.

COMMUNICATION IS VERY IMPORTANT AND CAN SOLVE ALMOST EVERY PROBLEM. THE PE STAFF AT COMSTOCK CARES ABOUT YOU AND YOUR HEALTH AND WELLNESS. IF YOU HAVE ANY QUESTIONS OR CONCERNS EMAIL US AND WE WILL WORK TOGETHER AS A TEAM TO SOLVE ANY ISSUES AND ANSWER ALL QUESTIONS.

Suggested Equipment

-A set of dumbbells (hand weights)

-A jump rope

-A playground type ball (soccer ball works as well)

-A set of 3 scarves of small bean balls for juggling

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District-Wide Virtual Classroom Expectations

Be Respectful

- Mute your microphone unless told otherwise.
- Use appropriate language in the chat/on microphone.
- Establish a clean organized work space with appropriate background for video.
- Wear appropriate clothing for videos.

Be Responsible

- Sign into your Google classrooms daily.
- Check your school email daily.
- Sign into your video chats/meetings on time and stay the duration of the class
- Only sign into YOUR class video chats
- Your name **MUST** be your first and last name

Be Safe

- Follow the district's Cyber security rules.
- Follow all state and county and guidelines for social distancing and face covering guidelines.
- Check surroundings and make sure that you are being safe at all times
- Don't share personal info on chats/discussion boards,etc. Keep information professional and limited.
- Don't record, take photos/screenshots, audio, record, or post/share class information on social media.