

COMSTOCK MIDDLE SCHOOL

PHYSICAL EDUCATION

**2020 Distance Learning:
8th Grade P.E. with Mr. Weber**

WELCOME BACK!

Dear Comstock Parents and Students,

Yes, these are strange and stressful times. But we cannot let the negativity and stress get the best of us! P.E. teachers have always known that the best medicine for anxiety is physical activity. The harder...the better! Now is the time to focus on our health and fitness. Whether that means following along with a youtube workout for 30 minutes or going to spring lake for a long walk. We need it more than ever. Especially young people...that's where we come in...

P.E. AND DISTANCE LEARNING: ZOOM ZOOM!!!

Here at Comstock, the PE department is doing our very best to provide your child with the opportunity, and the encouragement, to exercise and do other fun activities 3 days a week. Your student will meet with their P.E. class 2 days a week for a group zoom workout. On Wednesdays, your child will have an assignment to do asynchronously (on their own). Wednesday assignments are due on by 3pm on the day they are assigned.

Summary: Zoom class activities 2 days a week. Wednesday independent classwork (off-camera).

HOW CAN I HELP MY CHILD BE SUCCESSFUL IN P.E.?

- Help them find a little space in the house. Students need space to get on the floor and follow the workouts. They do not need much space. Enough room to do standing and floor exercises.
- Remind them of their class schedule. Kids need to be reminded (as parents, we know that).
- Join one of our workouts! Feel free to set up right next to you child and join the workout.

DISTANCE LEARNING P.E. GRADING

- 80% zoom attendance workout and viewable participation
- 20% asynchronous classwork assignments

Contact Information: Please feel free to contact me at aweber@srcs.k12.ca.us or at parentsquare.

ABOUT MR. WEBER

2020 marks my seventh year teaching at Comstock. In addition to teaching P.E., I teach a strength and conditioning elective course and coach various after school sports.

I am a local boy. I went to Cook Middle, Piner High, SRJC, and SSU. I love teaching in the community that I grew up in.

I graduated from SSU with a BS in Kinesiology and later earned a masters degree in secondary education. My wife and I have two daughters and live in Santa Rosa.