

Health & PE Remote Learning expectations

This is just a guideline on some expectations to think about while we tackle this new format. Please don't be afraid to ask questions and ask for help. We are all learning as we go, so please ask for help. With that being said, I will definitely not know all the answers as I am learning everything as well, but I promise I will do my best to help you.

Preparation Prior to Class:

- Work with your family to find a quiet space that won't disturb other people in the house or distract you from learning:
 - Try to find a place away from distractions if possible
 - Be aware of your surroundings. Remove items from the camera view that may be personal or contain personal information you don't want others to see.
 - Be prepared

During Class Meetings:

- Log in on time.
- Upon entering the room:
 - Sign your name into the chat box (be sure and use your real name-first and last)
 - Mute your microphone.
 - Have your camera on when entering the room. Video Sharing is encouraged but not required
- Use the "virtual hand" if necessary to ask questions
- Use appropriate language

At the end of class:

- Ask any clarifying questions so that you are clear on the material covered and the learning intentions.
- Make sure you understand any assignments that are needed to be handed in.
- Be clear on how to access assignments or tasks that need to be completed prior to the next class.