

## Personal Fitness Expectations:

### Virtual Students (and hybrid students on virtual week)

- Check in and complete the DAILY attendance question
- Complete all weekly assignments by Friday at 11:59pm (or earlier if a short week)
  - Quiz (you may use your notes to complete the weekly quiz)
  - Expansion assignment (weekly assignment that will expand upon the week's content and sometimes will require a discussion with a parent/guardian)
  - Fitness Log (20 minutes of physical activity each day/100 minutes a week minimum) to be logged onto the provided form
- Optional Zooms will be offered. Attend if you need extra help or have questions.

### In Person Students

- Show up daily with clothes that are appropriate for physical activity and follow safety guidelines
  - Masks required
  - Students must stay 6ft apart from other students
  - Sanitize equipment (when necessary)
  - Bring a water bottle
  - Be prepared to go outside (wear layers to adjust to the weather)
- Weekly assignments (quiz and expansion assignment) will be completed in class

Personal Fitness is a quarter long class, fulfilling the physical education ½ credit requirement for graduation. The other ½ credit requirement will be fulfilled with Health Class next quarter. The two classes are completely separate but both are graduation requirements. Students will have a different teacher for Personal Fitness and Health.