



# A GUIDE TO HELP YOU ACE YOUR PHYSICAL EDUCATION CLASS

●Participation Skills M 8-8:30, Lifetime Activities T 8-8:30, Fitness for Life W 8-8:30●

Welcome to the course! I'm Mrs. Glover and I am excited to be your teacher this block. I love UTVA and am amazed at the students and their support. It is my goal to work side by side with you to help you ACE this course!

You should consider this guide as a contract between you (the student) and me (the teacher). It includes all the policies and procedures you need to know to complete this course successfully, as well as the behavior that I expect of all my students. For my part, I will honor all the specifications laid out in this document. No changes will be made without notice being given in the Course Announcement area. Students with documented IEPs or 504 plans will be given accommodations appropriate for their individual plans. Contact the school's Special Education department for more information.

## I: How can I contact the teacher (Mrs. Glover)?

You can call or text me at 435.817.9946 or email me at [rglover@utahvirtual.org](mailto:rglover@utahvirtual.org). You can also visit me during my office hours. Please don't wait to ask questions! After the first two weeks of school, you'll have a lot more freedom in your daily schedule. This goes for teachers as well! This means that, although we're both working in the course every day, we may be working at very different times of the day. When you and I happen to be online and working at the same time, I might not be immediately available. Most of my day is spent responding to student questions in the Raise Your Hand area, grading and returning assignments, and answering e-mails and phone messages. Feel free to contact me when needed, but please understand that I might be in the middle of one of these tasks, or helping another student at the time. You may need to leave me a message if you call, or wait for a short time to receive answers online. Of course, I am always available during my Office Hours, which are listed in the Teacher Contact section.

I will read and respond to questions in the Raise Your Hand area of the course at once a day. You can expect an answer to a question posted in this area in less than one school day. E-Mail questions and phone messages will be returned no later than one school day. If you would like to schedule time for a private conference,

please make the request at least three to five days before the day you are available. The more notice you provide me, the more likely I can be available at a time that is best for you and/or your parent/mentor.

**\*IF YOU NEED AN ACCOMODATION PLEASE ALERT THE TEACHER\***

## **II: Can I move ahead in this course?**

No. You will need to log in each week to attend the Live Class Connect. After class is over you will have access to that week's quiz. You have access to the weeks Activity Log all week so you can document your physical activity.

## **III: What are some activities I might have to do?**

The choices in regards to Activity Logs are endless and a suggestion sheet will be available in the course. Other activities in this course could possibly be: Reading online text and transcripts, viewing moving and static images and streaming video, listening to audio recordings and pronunciations, watching linear and interactive animations and simulations, completing hands-on and virtual activities, participating in threaded discussions with teachers and fellow students in a section, cohort, or group, reading or listening to teacher announcements, completing online self-check exercises, reading and completing teacher-created instructional materials, online or paper-based worksheets and practice sets, quizzes, exams (unit, semester and final), threaded discussions, essays, research papers, and other writing assignments and presentations.

## **IV: What should I do when I log in to the course?**

It is **VERY** important that you read any announcements I posted since the last time you entered the course. Second, review the Class Plan to see what lessons and assignments you are to complete that day. Third, complete all lessons and assignments (both graded and non-graded) as indicated on the Class Plan before the end of the day. Fourth, submit assignments to me through the Assignment Submission tool, unless they are scored by the computer. Assignments sent by e-mail will not be accepted unless you've made prior arrangements with me. Fifth, post questions to the Raise Your Hand area and return later for the answer.

## **V: When are my assignments and quizzes due?**

The Class Plan will list which lessons and assignments you need to complete each day. You'll also find assignment due dates in the Course Details area of your student landing page. It is important that you stick to the course schedule indicated on the Calendar and in the Weekly Announcements, as well as the due dates for each assignment. Staying on schedule allows you to learn along with your classmates. It is especially important as we all learn together through the threaded discussions in the course.

## **VI: Does UTVA have a policy on plagiarism?**

Students who submit work as their own, when it is not wholly and completely their own, are guilty of cheating and/or plagiarism and will receive a grade of zero on the entire assignment. Assisting other students in cheating or plagiarism is also considered academic dishonesty, and students who do this will receive a grade of zero on their assignment as well. The first-time students fail to cite the source of information in an essay or research paper, they will be advised of proper citation methods. Further infractions will result in the students receiving a grade of zero on the assignment. Students who are found guilty of cheating or plagiarism more than once will be referred to the school administration for breach of the school's Behavior Code. I may use technology that helps prevent cheating for some tests. Before these tests, you will be prompted to install software on your computer. You will be required to install this software before taking the assessment. Once you access the test, you will be unable to copy, paste, or open new browser windows or programs during the

assessment. If you experience any difficulty, contact K12 Customer Care for assistance. Contact me immediately if Customer Care cannot resolve your issue.

### **VII: Do you take attendance?**

Regular and daily logging in is required, as well as attending each weekly live Class Connect session. You must log in to the course and complete the scheduled work every school day. You must attend your specified class time in Class Connects. Unless otherwise specified, course log in is required even when assignments occur offline, as you are expected to review any updated announcements and threaded discussion responses daily. You should expect to spend 45 to 60 minutes each day reading, responding, and completing other activities, both online and offline. If you know you will not be able to log in to the course on any given day, please contact me immediately by e-mail. If you encounter technical difficulties, contact me by phone. If you do not contact me before missing an activity, you can expect to hear directly from me. Students who continually fail to enter the course and show progress will be referred to the school administration.

### **VIII: Do I have to go to the live Class Connect session?**

If your grade is an A or B by Sunday night at 9pm each week, you do not have to go to the live Class Connect session that week. You will still be responsible to watch the recording and do the quiz.

### **IX: Do I have to go to the live Class Connect sessions if I am on Yellow Track?**

No, you will be excused from the live Class Connect sessions. But you will still be responsible to watch the recording and do the quiz.

### **X: How long are the Live Class Connect Sessions?**

Class begins at 8:00am and will end before 8:30am. Participation Skills meets on Monday. Lifetime Activities meets on Tuesday. Fitness for Life (PE) meets on Wednesday.

### **XI: How do I see what I have turned in and what has been graded?**

Go to <tools> then <assignments>. There you can see what has been graded and your score. Please pay attention the feedback. By clicking on <grades> you can see all assignments with scores including quizzes.

### **XII: Where are the Class Recordings Located?**

Class recordings will be posted 1-2 hours following the live Class Connect session and will be in <content>, <(specific week)>, and right above the "Exit Ticket & Content Quiz"

### **XIII: What assignments are there?**

Please open the Class Outline document

## XIV: How do Activity Logs work?

### Week 8: Activity Log

In this Physical Education course, you will use this activity log to keep track of your physical activity and vocabulary/claim assignments.

\*In addition to your physical activity this week you will need to find a vocabulary word and define it based on THE ACTIVITIES YOU DID FOR THE WEEK. For example, if I played basketball I could use the term "defense" and then define it. Or if I danced I could use the term "tempo" and define it. Your definition must be ONE COMPLETE SENTENCE and MUST be in your own words. Vocabulary is only on Tuesday and Thursday.

I will review your activity log each week and then enter your participation points in the Gradebook. You will receive **35 points** for this assignment. Activity Logs are due on each Friday by midnight.

FIRST, Read the instruction. Pretty, pretty please!

SECOND, choose an activity that is physical and do it for 30 minutes. The reference sheet for physical activity examples is in the Course Materials.

Third, tell me where you exercised. I don't need an address.

Fourth, on every Tuesday and Thursday you will choose YOUR OWN vocabulary word from your activity and define it. Use Google, make up your own definition, JUST USE YOUR BRAIN 😊

Fifth, reflect upon your activity. Can you push harder? Were you lazy? Were you honest?

Sixth, initial it.

	Monday Oct 9	Tuesday Oct 10	Wednesday Oct 11	Thursday Oct 12	Friday Oct 13
Activity Type (4 points each day, including duration/location)					
Location					
Vocabulary Word					
Vocabulary Definition (5 points per word & definition)	X		X		X
Reflection (3 points)	Is there anything you could change for next week to get you better results?				
<b>INTEGRITY SIGNATURE:</b>	By typing my initials, I verify that I did in fact perform this activity. I know honesty means more in life than being dishonest in a PE class. <b>INITIALS:</b>				

## XV: How many times can you take the quizzes?

All quizzes can be taken an unlimited amount of attempts. There is no reason to not score 100% on each quiz.

## XVI: Does this Class have Extra credit?

There will be few opportunities for extra credit. Please keep your focus on current content and due dates.

## XVII: Is there a final in this class?

Currently there is no final planned. However, the right is reserved by the teacher to create and deliver a final based upon the class attitude and participation.

**XVII: Is this class required for graduation?**

Yes. **Utah Board of Education High School Requirements**

- English/Language Arts (4 Credits)
- Mathematics (High School) (3 Credits)
- Science (High School) (3 Credits)
- Social Studies (High School) (3 Credits)
- Directed Coursework (3 Credits)
- Physical Education Health (2 Credits)
- Required Electives (6 Credits)

**XIX: What is the grade breakdown?**

90-100 A

80-89 B

70-79 C

60-69 D

Under 60 F

\*Receiving an F means *no credit* will be earned\*