MES Distance Learning PE Program

The MES Distance Learning program's ten points:

1. We ask students to exercise 120 minutes a week.
2. Students have a **choice** of either 60 minutes of class time with Coach Mike and 60 alternative activities, or to pursue the 120 minutes solely through the alternative activities such as frisbee, soccer, swimming, surfing, or basketball.
3. Coach Mike will offer them 60 minutes a week of structured live PE.
4. Students will do the other 60 minutes on their own and record it on their log.
5. If attending PE class with Coach Mike, students will record their PE time with Coach Mike on their log.
6. E-Logs will be emailed home by teachers and the principal.
7. Coach Mike collects all the logs at the end of the trimester (12 weeks).
8. Every two weeks parents may email the logs to Coach Mike at mholms@smmusd.org for feedback.
9. Coach Mike will have a pass/fail system.
10. If students are doing 120-minutes weekly all semester for at least 80% of the weeks, then they pass.

_____ PE Coach Use Only _____

Activity Log Review by: _____ on _____/ 20__

Grade Earned: PASS / FAIL (due to the following reason(s):

_____

Reviewer Signature & Date: _____ _____

_____

Activity Logs must be submitted to Coach Mike no later than 1 week prior to the end of the trimester. Failure to complete and/or turn in on time will result in a **Fail** for the trimester. The 2020/2021 Trimester 1 ends on November 3, 2020

Student Name: _____ Date Range: August 24 - November 2

Grade: ____ Teacher: _____ Current date: _____/_____

Student Signature: _____ Parent Signature: _____

PE 12-week Activity Log

Date	Activity	Begin Time	End Time	Hours

Date	Activity	Begin Time	End Time	Hours

Date	Activity	Begin Time	End Time	Hours

Date	Activity	Begin Time	End Time	Hours

Date	Activity	Begin Time	End Time	Hours