



## 2020 – 2021 School Year!

### **Welcome Back and Welcome New Heatherwood Parents & Students,**

During this time of social distancing we want to ensure that each of our students have access to enriching online curriculum and assignments. The plan is to deliver instruction through the virtual learning environment of Canvas, and we need your support to ensure success! Please take a moment to review the plan below and talk with your child about the importance of embracing their education this time.

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### **Mr. Brown and Hank Talk Details**

- Students should log in and receive Fitness and Health instruction through Canvas each scheduled class day. Assignments should be submitted by the due date and weekly activity logs are due one week after the assigned date.
- On my Canvas Home Page, click on the grade level link/images (6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade) at the bottom of the page. Those links will take you to grade level fitness or health units and information needed for the day.
- Canvas Announcements will be updated regularly.
- Beginning Wednesday September 9th, instructional videos and curriculum support will be uploaded to Canvas. A Zoom meeting invite will be sent out via email to introduce myself, demonstrate how to use Canvas, Focused Fitness and explain expectations. Parents feel free to tune in.
- Instructional content such as PowerPoint presentations, study guides, Q & A videos, Focused Fitness and other weblinks will be posted for scheduled class times and remain posted for approximately two weeks.
- Reach me at [jbrown@everettsd.org](mailto:jbrown@everettsd.org) to check and respond to emails from 2:30 – 3:15 pm every school day regarding assignments and instructional materials or answer questions. Weekly agendas will also be sent via email to keep you informed. Stay posted, make sure all emails are current with the school office.



### **Gus Talks Grading, Late Work, Sex Ed & 4 Day Format**

**Grading:** 50% Academics (quizzes and assignments) and 50% Activity Participation (exercise activities & activity log completion).

**Late Work:** Always plan to take quizzes during the same scheduled class time and day it is to be given and published. Class time for quizzes and most assignments will be given to help the process.

**Last Spring there was a tidal wave of late work submitted which became overwhelming. Thus the need to place some clear parameters on late work. Late work can still be submitted the following week after the due date but the highest attainable score is a C. The assignment is considered closed out and not available after the 2nd week.**



**Sex Ed:** Scheduled for 2nd Semester-dates and more info TBA.

**Example Four Day Format of Activities:** Below is a preview of what the routine may look like **once the curriculum starts**. The first few days of school will be devoted to orienting students to class expectations and how to access content. Fridays have a shortened schedule and may be primarily used to help students complete their weekly activity logs. **This is a general depiction** of activities but may vary in terms of online applications, assignments or delivery methods. Canvas and Focused Fitness will be standard to this online engagement process. **If we stay with our current plan, you will notice there is only two assignments to be submitted per week. Each week has an Activity Log and each week will have either a Q&A or a Quiz to be submitted online through Canvas. This could fluctuate somewhat but this pattern is offered as what is planned to be characteristic of class content.**

**We are hoping to deliver academic content in a very manageable format and keep movement activities and fun central to the effort!**

| <b>Day 1</b>                    | <b>Day 2</b>                    | <b>Day 3 (2nd week)</b>   | <b>Day 4 (2nd week)</b>   |
|---------------------------------|---------------------------------|---------------------------|---|
| Intro to academic content       | Academic content/review         | Content review            | Quiz on academic content  |
| Hydrate & Stretch               | Submit Video Q & A              | Question & Answer time    | Workout/exercise activity   |
| Workout activity                | Workout/exercise activity       | Workout/exercise activity | Hydrate /stretch  |
| Hydrate/Stretch                 | Hydrate/Stretch                 | Hydrate/stretch           | Activity log & something fun!   |
| Activity log                    | Activity log                    | Activity log              | <b>Fridays</b> –Submit the weekly Activity Log (Fridays are not part of the 4-day cycle). |
| Possible Reflection/study guide | Possible Reflection or breakout | Reflection/exit ticket    |   |

*Have a Great Year! And Here's Hoping We Will  
Get back to Normal Soon!*