

Dear SAP Students and Families

Welcome to the 2020 - 2021 school year. I hope you have all enjoyed your summer break! I am excited and ready to work with all of our returning and new SAP Students this year. Physical Education (PE) materials have been distributed to each student's homeroom teacher. Please make sure to pick up the Nutrition Workbook and Class Syllabus. The last page of the syllabus does need to be signed and uploaded by 8/30/20 in either Seesaw for grades K-2, or Google Classroom for grades 3 - 8. **There will be a labeled assignment for this page to be uploaded by the end of the first school week.**

I encourage students to take advantage of PE Zoom classes. Kids should get in at least 1 hour of physical activity per day. During these trying times, I know it can be difficult to allot time for outdoor physical activity due to different circumstances. My hope is that our classes will give students an idea of activities and exercise they can do daily indoors. Zoom Classes will be 30 minutes for grades K-5, and 45 minutes for Junior High. Students must sign-in on time at the beginning of the Zoom meeting for full credit. **Points Will Be Deducted if Students Sign in Late.** Students must be in PE Uniform (see syllabus) and make sure that cameras are turned on. Students must have their faces in view while in zoom classes for credit. I understand that some students may be uncomfortable doing that, but it is a requirement to have cameras on and be visible to get credit for Zoom classes and for their safety.

I understand that it may be difficult for some students to participate in every zoom class, for this reason, I will continue to offer an alternative weekly assignment for equal credit. The Nutrition Workbook you pick up from your homeroom teacher will be the main resource for the alternative assignments, but some weeks may vary with assignments brought in from different online sources. Please be sure to read the [Physical Education](#) BLOG which will be updated with weekly assignments by the afternoon every Monday beginning 8/24/20. Alternative Assignments will also be posted in either seesaw or google classroom.

My office hours will be posted on the SAP [Physical Education](#) BLOG. I will reply to all emails during these times and can be contacted by phone at the school. I am looking forward to a wonderful and active year ahead. For your convenience, the Zoom class schedule can be found below and will also be available on the PE BLOG.

God Bless,
Mrs. Monica Rubalcava, BSc
mrubalcava@stanthonygardena.org

Distance Learning Physical Education Zoom Schedule 2020 - 2021

Tuesday		Wednesday		Thursday
3rd Grade		1st Grade		Kinder
1:00pm- 1:30pm		11:00am- 11:30am		1:00pm - 1:30pm
4th and 5th Grade		2nd Grade		JR. HIGH
1:45pm - 2:15pm		11:30am - 12:00am		2:15pm - 3:00pm