

HEALTH & PHYSICAL ED.

Meet the Teachers

Ms. Erin Force • erin.force@lcps.org

Mr. Jason Geyer • jason.geyer@lcps.org

Ms. Annamika Hacikyan • ahacikya@lcps.org

Mr. Bobby Lalli • robert.lalli@lcps.org



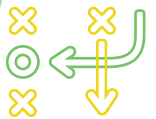
Goals & Objectives for the Year

01 Make physical fitness and wellness a lifetime commitment

02 Promoting full body wellness through healthy outlets.

03 Integrate physical activity into daily life in our current digital setting.

04 Understand concepts of various activities



Mission & Vision of RKHS HPE in a Digital World

- Our mission is to provide ALL students with opportunities to engage in activities and content which will broaden their understanding and comprehension of Health & Physical education to encourage healthy life long routines and habits.
- We understand that this school year and current world present challenges to all students and families. It is our goal to be sensitive to the needs of those we serve as teachers. Please reach out if you have any questions, concerns or information that you feel might impact you/your students ability to participate or access our class. We also understand that this is an evolving time, and we will make changes to our approach as necessary. We will communicate those changes to you via Schoology. Please know that are student focused. Students come first and we will do everything we can to help them be successful.

School Supplies & Recommended Items

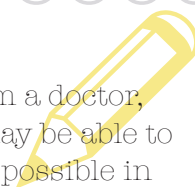
- We will have a portion of physical activity in our synchronous & asynchronous classes.
- Please wear athletic shoes WITH laces. Please refrain from wearing slides, sandals or slip on shoes. These can cause injury during activity.
- A wearable fitness tracker. This can be a phone, FitBit, Garmin, etc. All simple base models will work.
- School issued Chrome Book, charged.
- Access to Schoology & Google Classroom



- Students/Parents may reach out to teachers via e-mail.
- Teachers will respond to e-mail as soon as they are able to. Please be mindful that they will have four days of synchronous classes which may keep them from answering immediately. They will make every effort to respond in a timely manner.
- Teachers are available during "Learning Lab" time in blocks when they have an assigned class.
- Students may use this time for individual questions or guidance.
- Teachers schedules may be found on their Schoology page.

Doctors' and parents' Notes

When writing a note or receiving a note from a doctor, PLEASE keep in mind what a student still may be able to do. Our goal is for him/her to be as active as possible in class. We will work with the student to find a safe way for them to stay active despite his/her injury.



Code of Conduct

• The LCPS Honor Code and Code of conduct still apply in the digital setting. Unless stated by the instructor, all synchronous & asynchronous work should be completed by the time in which the work is assigned. The student will be told what resources they may use on any given assignment or assessment. The teacher will have access to resources to ensure students are completing work by themselves. Honor code violations will be taken seriously.



Attendance Policy

• Attendance in 100% distance learning at the start of the 2020-2021 school year is compulsory, and participation in synchronous and asynchronous activities is required. Attendance will be taken during synchronous learning sessions with the teacher as outlined in the sample schedules above. Participation will be monitored through Schoology, the new LCPS learning management system.

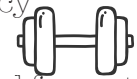


Expectation of Digital Learning, Assessment & Grading

• Although our classroom environment is virtual, the standards of behavior are as important as they are in brick-and-mortar schools. Our virtual classrooms are real classrooms with real teachers and students; therefore, appropriate student behavior is expected. To promote the understanding of LCPS students regarding how to behave in an online environment, we have developed a code of conduct that all students are required to follow. In addition to the Student Rights and Responsibilities Handbook (SR&R), this guidance addresses student interaction with LCPS staff and other LCPS students, as well as their individual actions.



• Unlike the emergency school closure in spring 2020, both distance learning and eventually hybrid in-person learning will be assessed and graded. Teachers will implement and adhere to the new assessment and grading policy that was created for fall 2020, Policy 5030, Assessment and Grading. Teachers will assess student readiness in September based on diagnostics and formative assessments. Grade-level or collaborative learning teams will meet virtually to plan for personalized interventions or enrichment based on diagnostic data.



5K Final Exam Requirement

As part of students' final, they are required to participate in a sanctioned (timed) 5K event. Students will be given more information on this as we assess our digital platform. We understand that this is an evolving school year and we absolutely will work with students so they are successful.

9th Grade CPR

For 9th grade students, CPR/AED & First-Aid training is a graduation requirement. If a student does not pass a training, retakes are at the discretion of the teacher.

10th Grade Driver's Ed.

For 10th grade students, a Driver's Education course is required. The students will complete the course work during the first semester of class. The timeline may be adjusted based on the required seat-time in the classroom and the amount of time we have to complete synchronous content with 10th grade students.

Family Life Education & Health

- Students will be required to complete health lessons in that align to the HPE VA-SOL requirements.
- Students will be asked to complete family-life education. Should a student or their parents wish to opt-out of an FLE course, they may do so by submitting an opt-out form at the beginning of the year.