

20-21 Distance Learning Options for PE(revised 10/20/2020)

This document is also explained in English and Spanish on our YouTube channel, MacGregor Social Media.

The following options are available to Bridgepoint and Crossroads students to earn PE credits for the 2020-2021. Nike Run Club app: Students download the application onto their smartphones. They can email a screenshot of the app on their phone to their PE teacher or principal. Students should provide a screenshot of their activity log from the app that shows date, total time and/or miles logged by the day before the quarter ends. 12 hours are equivalent to 1 academic credit. (36 miles are equivalent to 1 academic credit.)

- Visual Aid Projects: These projects are each worth a half credit and can be submitted for a maximum of 2 credits total. Guidelines are available on our website and in the Google Classroom.
- Demonstrations: Students can produce a demonstration video of a workout or workout skill/technique(each worth a half credit, with a maximum of 2 credits total). *Written parent permission via email is required for students to complete this assignment.* Demo video should be a minimum of 2 minutes long. It should be audible with student clearly visible. The demo can be shared with the teacher or with the class during live meetings.
- Sports packets: These packets are available in the Bridgepoint Google classroom. Students read the chapter and complete the written questions. Students can complete 1 packet for one productive day if they miss a class or are absent. Every 8 packets are equal to a half credit.
- Online credit recovery: Students may complete up to 5 credits maximum via APEX.
- Additional group workouts: If air quality allows, in-person group workouts such as socially distant walks or bike rides may be scheduled. These are optional and subject to parent approval.
- Gym membership: Alameda County is now allowing in-person gyms to open. Hours logged at gyms can earn credits. 12 hours are equivalent to 1 academic credit. Guidelines are available on our website.

Expectations for Bridgepoint live class:

Students are expected to be present and participate actively in class through discussion and group workouts. During group workouts, cameras should be on and students should make an effort to complete the workout. Students may do an alternate workout while on camera with prior teacher approval. These live workouts earn productive days.