









Quick Tips for PE Distance Learning

With Mr. Alaba

<p><u>Be On Time</u></p> <ul style="list-style-type: none"> • Log in a few minutes early • Bring H2O • Have Materials Ready 	<p><u>Set Up a Safe Space to Be Active</u></p> <ul style="list-style-type: none"> • If possible, please do your best to find a safe space for active distance learning 	<p><u>Present Yourself Well</u></p> <p>Before Class starts:</p> <ul style="list-style-type: none"> • Proper school attire • Center yourself in the camera • Video On • Perform Instant Activity 
<p><u>Be Prepared</u></p> <ul style="list-style-type: none"> • Charge your device • Turn your camera on • Have Materials Ready • Water 	<p><u>Engage & Participate!</u></p> <p>This only works when we are all present!</p> <ul style="list-style-type: none"> • Be focused and attentive • Thumbs up/down • Hand Clap • Hand Raise 	<p><u>Mute Yourself When Not Talking</u></p> <p>Background noise is distracting. Make sure you hear what people are saying</p> 
<p><u>Use the Chat Responsibly</u></p> <p>Be Kind</p> <p>Chats (No private chats) Use this tool to promote positive learning environment for All & add to the conversation</p> 	<p><u>Trust & Communication</u></p> <ul style="list-style-type: none"> • Speak clearly • Look into the camera when speaking • Stay focused on our topic • Respect our community 	<p><u>Most of All</u></p> <ul style="list-style-type: none"> • Be respectful to yourself & others • Be responsible for your learning • Be safe (mental & physical health are our top priorities!!!) 