

Frequently Asked Questions About 2023 Summer Online Health/Physical Education

Why should I consider enrolling in an online summer health/PE course?

1. To free up time in your schedule.
 - a. Students may want to enroll in several electives, but their schedules may be filled with required courses.
 - b. Nearly all students will be enrolled in courses in math, English, science, history, and health/PE. One popular elective is a foreign language. That leaves only one period for another elective. Taking health/PE in the summer frees up a period for another elective.
2. To avoid settings that are difficult for some students
 - a. For some students, there is hesitation in using the locker room or participating in group physical activities.
 - b. Some students would prefer the option of developing and working through a personal fitness plan, and partaking in activities not available at school (kayaking, rock climbing, horseback riding, etc).

Are there drawbacks to consider before enrolling in an online summer health/PE course?

1. Time in the summer
 - a. Completing course requirements will require a significant chunk of time.
 - b. The physical education portion will require 50 hours of documented commitment to the personal fitness plan.
 - c. Depending on personal learning styles, the health portion will require about another 30-40 hours to complete the various online requirements.
2. Interaction with classmates
 - a. There are 3 credits required of every student for graduation in which there are not advanced and regular sections offered: two full credits of health and physical education, and one credit of Economics and Personal Finance.
 - i. Enrollment in these courses is totally heterogeneous.
 - ii. Depending upon what other electives the student chooses to take, these may be the only courses in which a student gets to meet students she/he would not otherwise meet.
 - iii. There is value in interacting with and befriending students other than those with identical schedules.
3. Loss of physical activity time during the school day
 - a. Without a semester of physical education in a student's schedule, the student will be enrolled in 8 academic classes during the A/B schedule. Some students need and enjoy the opportunity to expend energy during the school day.

Describe the course.

FOUNDATIONS OF PERSONAL FITNESS & WELLNESS (5931YS) Grades 9-12, Summer Only, One Credit. Prerequisite: None

- This course fulfills one of the two standard units of credit in Health and Physical Education required to graduate.
- The course covers both health and physical education standards for 9th grade.
- Students will be assigned to a licensed Lynchburg City Schools' Health/Physical Education teacher who will monitor, assist, and evaluate.
- For the Physical Education component, students will create and engage in a personal fitness plan aimed at improving motor skills, movement patterns, strength, flexibility, and endurance.
- For the Health component, students will complete online units of study focusing on overall wellness – their physical, mental, and emotional health and development.
 - Units include topics like substance-free living; nutrition and healthy eating; environmental and community safety; mental and emotional health; and disease prevention.

Who May Enroll?

- Students who have not already earned a credit for Health and Family Living and Physical Education 9 will be eligible to enroll.
 - Most eligible students will be rising 9th graders.
 - There will be some current high school students who have not yet completed these two semester courses. Those students could also choose to enroll.
- Students may not enroll in this course for make-up credit.
- Students may not enroll in this course for elective credit.

How Will Students Enroll, And How Will Students Be Assigned to A Teacher?

- Students and parents may attend the May 15th orientation/registration session to be held at E. C. Glass.
- Students must register through an online registration process. Please visit lcsedu.net for instructions on how to enroll online.
- Students submit their first assignment, the Fitness Plan, on Monday, June 5. All summer course work will be completed by Thursday, July 20, 2023.
- Students are expected to work at his/her own pace to ensure completion of all course requirements.
- The cost of the course is \$225.
 - There must be enough students enrolling in the course to cover the cost of hiring a teacher.
- Each teacher will be assigned no more than 30 students.

- When students register, they will also receive additional information about the course. The registration link includes a place for the student to sign up for a pre-test and post-test session (these sessions are attended in-person)
- After registration closes on May 19th, a health/PE teacher will be assigned to each student.
- The teacher will be the primary point of contact throughout the summer course.
- One week before the course begins, students will be invited to their Google Classroom and receive information about creating their Fitness Plan
- Fitness Plans are due on the first day of the course, June 5th. Health coursework will become available on Edgenuity on June 5th.

What Will the Student Be Expected To Do?

- Students will complete all assigned units in the health portion of the course.
 - The health portion is 50% of the course grade.
 - The school division's on-line course provider is Edgenuity.
 - The health course is aligned to the state's 9th grade health SOL.
 - Each unit includes new material as well as quizzes and unit tests.
 - The teacher will monitor the student's progress.
 - Teachers will be able to keep parents informed of their child's progress upon request
 - If a student is locked out of a quiz or test after two attempts, they can contact their teacher for an additional attempt.
- If the student does not have home access to Edgenuity, then the student will go to the remedial high school site and work on the online portion during the summer school day. (Heritage High School for 2023)
- For the physical education portion of the course, students will develop and follow a personal fitness plan.
 - Successful completion of the personal fitness plan counts as 50% of the student's course grade.
 - Students will share their plan with the assigned teacher in order for their personal fitness plans to be approved.
 - The personal fitness plan should total a minimum of 50 hours of planned activity. (Students can include warm-up and cool-down time as they would participating in a standard PE class.)
 - Unless otherwise approved, students should include at least two types of physical activity in their plans.
 - For example, a plan could include several types of cardiovascular work or perhaps two unrelated sports activities.
 - While the time is a total time accumulated over the summer, the plan should show an even spacing of the hours through the duration of the summer as would be physically reasonable to accomplish.

- Examples of Personal Fitness Plan:
 - YOGA: “This summer I will complete 12 hours of yoga by attending 1 hour twice a week for 6 weeks. I will document this activity by getting signatures from my yoga instructor at the YMCA.”
 - VOLLEYBALL: “I will complete 20 hours of volleyball (4 hours a day for 5 days) at volleyball camp. My volleyball coach will sign my fitness log.”
 - JOG: “I will walk/jog for 18 hours (3 hours a week) and document that activity using my smartwatch.”
- The goal of the plan needs to be a suitable match to the student’s current condition. (A student who struggles to run 1 mile will have a different personal plan than a student who runs cross-country.)
- Students will complete the Fitnessgram assessment as both a pre-test and post-test. Students will schedule a time to complete these requirements in person. The Pre-Test will also include CPR training (The student will not be Red Cross-certified in CPR but will learn how to administer CPR in an emergency). The Post-Test will also include the final Edgenuity exam for the health course.
 - Pre-Test Dates:
 - June 1, 2023 (Thursday) 12:00 pm - 2:00 pm
 - June 1, 2023 (Thursday) 4:00 pm - 6:00 pm
 - June 6, 2023 (Tuesday) 9:00 am - 11:00 am
 - June 6, 2023 (Tuesday) 4:00 pm - 6:00 pm
 - Post Test Dates:
 - July 20, 2023 (Thursday) 9:00 am - 11:00 am
 - July 20, 2023 (Thursday) 4:00 pm - 6:00 pm
 - July 24, 2023 (Monday) 2:00 pm - 4:00 pm
- Students will be responsible for documenting their exercise hours to follow their fitness plan.
 - Students will submit weekly fitness logs on Google Classroom detailing their completed exercise with appropriate documentation
 - Documentation of exercise will include signatures from supervising coaches/trainers, or activity records from a smart watch that includes: date, time, speed/pace/distance/heart rate
 - Parents may not sign off on exercise hours for documentation.
 - While activities may vary from the original fitness plan due to weather or illness, students should contact their teacher regarding significant changes, extended illnesses or for activities that were not previously listed on the fitness plan.

- Students will be responsible for any expenses related to the completion of their plans.
 - There are fitness centers with affordable summer rates for students.
 - Students and their families will be responsible for expenses like a smart watch, equipment, travel, dues, fees, etc.
- Students may count time at sports camps in their fitness plans.
 - For example, if a student attended a volleyball camp for a week, the hours of actual activity at the camp could be a part of her plan.