

Minneapolis Public Schools Online Health and Physical Education

Online Health Education and Physical Education are both quarter-long courses that follow the same content and standards as our face-to-face classes. Each quarter is a “stand-alone” class. You can register for one quarter or both quarters at the same time. Students can register for online classes by getting the registration form signed by a parent/guardian and submit the form to their counselor.

- Neither class is easier than face-to-face. The assignments for Online PE are often a replacement for activities that would be done with a teacher in a class such as discussions about heart rate, RPE Scale, and FITT concepts. The Online Health curriculum is taught using a combination of multimedia lessons, instructional videos, worksheets and both online and offline projects.
 - Both Online Health and Online PE cover the same topics and meet all the National, State and MPS District standards for graduation.
 - Both classes should be taken in order: Quarter 1, then Quarter 2.
 - Students may take just one quarter of either class if they have successfully completed the other quarter in a face-to-face class or online class.
 - Students should follow the pacing schedule for assignments.
 - Online PE has a requirement of 4 workouts and 4 corresponding journals each week. This is a total of 32 workouts per quarter. Each workout should last a minimum of 45-minutes. These workouts must be **moderate** forms of exercise.
 - Journals are due at the end of each week.
 - Online PE has a number of assignments that allow students to learn the standards that they would get in class.
 - Workout verifications can be any combination of smart phone or watch app, a signature from a coach; a health club attendance/scan report, or a signature from a parent who was present at the activity session.
 - Workout journals are a detailed account of the session, which includes heart rate or RPE Scale, components of fitness and time/distance tracking. The RPE (Rated Perceived Exertion) Scale is used to measure the intensity of your exercise.
 - Online PE has some components where students must send in videos to prove competence in certain activities.
 - Students should stay on track with assignments but can work ahead in both PE and Health.
- Visit <https://online.mpls.k12.mn.us> to download registration forms and to check the registration deadlines. Print and complete the registration forms and take to your counselor to register for online PE/Health classes.

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