

Heritage High School
Physical Education Distance Learning
Frequently Asked Questions (FAQ)

What is the ideal mix of cardio work with core and upper body activity?

Ideally, we would like students to have 20-30 minutes of cardio activity, and complete 2-3 of the 7M or Yoga workouts. Any activity beyond 45 minutes per day is great and encouraged.

Is a parent/guardian signature required for every workout?

No, only students who provide a log of activity need a parent signature, at the end of the week. For students that choose to use the apps, simply screenshot the items will work, no signature required.

Are there indoor options for workouts?

Yes, there is an app for computer Fitness Blender that has workouts for students to complete indoors.

Can I make-up absences from the 3rd quarter?

Yes, but you need to contact your teacher for specific assignments on how to complete this.

PLEASE HELP!!! When doing multiple workouts in a day, please put the total time you were active at the top of the page for that day. This would be greatly appreciated.

Reminder to all, when doing activity outdoors, please make sure to follow the social distancing guidelines set forth by Contra Costa County

<https://www.contracosta.ca.gov/DocumentCenter/View/64727/2020-0331-Health-Officer-Order-COVID19>

Thanks and stay safe.

Heritage Physical Education Department