

Hello FHS PE Nation!

Welcome to distance learning in 2020! We miss you all and are excited to be able to check in with you next week. We hope that you and your family are healthy and staying home during this time.

The FHS PE department wanted to reach out and let you know that we are working hard to make sure that you can access your assignments easily each week. All of the classes housed in our department will be available via our department webpage on the Freedom High School website:

<https://ca01001129.schoolwires.net/Page/16649>.

Those classes include:

**PE 9, PE 10, Team Sports, Strength and Fit, Advanced Athletics, Basketball Tactics, Baseball Tactics, Walking for Fitness, Modified PE, Sculpt and Tone, Bowling and Health**

By 9 AM on Monday of each week, new weekly assignments will be posted on the department webpage. You should click on the class you are taking, view the assignments and complete them by Friday at 3PM of that week. If you have multiple PE classes and electives, please contact your teacher to discuss how you should turn in your assignments.

In order to turn in assignments, you click on the links provided on our department webpage and submit your work. Your work will be entered into Aeries weekly by your teacher so that you can keep up on completed work.

All department teachers will be available via email to give you feedback or answer any questions you may have.

Assignments can be done at home with no equipment necessary and will include both skill assignments having to do with your class's curriculum and activity options to keep you active.

We are all new to distance learning, so all of us will be learning as we go.

Thank you,

Mr. Alexander, Ms. Coniglio, Mr. Cotter, Mr. Evanson, Mrs. Garcia, Mr. Hartwig, Ms. Najera, Mr. Sbranti, Mr. Torres and Mrs. Vardanega-Kent