

Hello Mather Heights Students and Parents/Guardians,

Welcome back to a new school year. My name is Mr. Beltran and I am excited to be your physical education teacher this year. I have been at Mather Heights for several years but this will definitely be the most unique start of a school year that I have ever experienced.

P.E. will be done asynchronously. This means students will do their p.e. lessons on their own time. Your classroom teacher will provide you a link to a Google Doc that will contain the lessons. The link will remain the same throughout the year, but I will be changing the lessons weekly. Depending on the grade level, you will have 2 or 3 lessons per week. They can be done on consecutive days or alternating days as long as they are completed by the end of the week.

Lessons will vary in length, but will take approximately 15-20 minutes. Some lessons will focus on health related fitness (i.e. exercise), some will work on psychomotor skills (i.e. throwing, catching, etc.), and some will revolve around general health knowledge (nutrition, muscular system, etc.). Each lesson will also have a link to a Google Form that should be filled out when the lesson is complete.

In addition to these lessons, I will join each class for a brief 5-10 minute video conference once a week. This will be done during the morning synchronous portion of the school day. I may be previewing the lessons for that week, reviewing the lessons from the previous week, or doing a mini lesson.

When performing any p.e. activity, please remember to have enough space around you to move safely, wear clothing that allows you to move around freely, wear tennis shoes, and have adult supervision.

If you have any questions or concerns, feel free to contact me at abeltran@fcusd.org.

Thanks,

Mr. Beltran