



International Polytechnic High School

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<http://www.ipolyhighschool.org>

March 18, 2020

**Ginger Merritt-
Paul**
Principal

Dear IPoly Students,

Delora Medina
Interim Assistant
Principal

Here are directions for you to access PE remotely:

- Sign into your PE Google Classroom within the first 15 minutes of your block.
- For attendance purposes, you will reply to your teacher by answering the questions associated with the "30-day 1- minute Cardio Challenge" either (Monday and Wednesday) or (Tuesday and Thursday) depending on your assigned PE class.
- By Friday- submit the "PE/Health Corona Shut Down Assignment" written prompt in a Google Doc and the video component.

Bryan West
Dean of College
Admissions

For weekly classroom assignments during this dismissal, freshmen and sophomores will be asked to do the following assignments and submit them by the end of their PE block:

1. 30 Day 1- Minute Cardio Challenge with a written prompt due 2x week.
2. PE/Health Corona Shut Down Assignment -with written prompt and video component due 1x weekly

Students should be working on their assigned Project that is due April 8/9th

- 9th grade- **Infograph** detailing the facts related to a disease with risk factors of a sedentary lifestyle
- 10th grade- **Healthy Log Assignment**