

**GATEWAY HIGH SCHOOL
OVERVIEW OF PE REQUIREMENTS,
POLICIES & PROCEDURES
(DURING COVID-19)**

In this presentation:

- Everything you need to know about your PE Requirement
 - Details & Specifics of your PE Requirement
 - Different ways to earn hours
 - *During normal times and during COVID-19*
 - Recording Hours
 - Checking Your Progress

Your PE Graduation Requirement

- 240 hours (or 20 credits) of supervised physical activity
 - Hours → Credits conversion: 12:1
 - State requirement
 - Don't finish before graduation?
 - Will not stop you from walking across the stage, but you will not receive a diploma
 - Possible to finish after last day of senior year, but not recommended!

But What About COVID-19?

- We understand that fitness spaces are harder to access during COVID-19 but movement is still super important to your mental & physical health
- The requirement does still apply
- If you're a senior and have deep concern about the number of hours you still have, email sflynn@gatewayhigh.org to discuss!
- 1.5-2 or even 3-7 hours a week of exercise is entirely possible and can/will help you to stay healthy & to get through this challenging time

HOW CAN I EARN PE HOURS?

Earning PE Hours (During Normal Times): Interscholastic Athletics

- Student-Athletes will be given credit for their participation on interscholastic sports teams and do not need to keep track of their hours for their season(s) of sport.
 - 10 Credits (120 hours) for Varsity sports
 - 10 Credits (120 hours) for Boys JV Basketball
 - 7.5 credits (90 hours) for Girls JV Volleyball

Earning PE Hours (During Normal Times): Gateway PE Classes

- 3 Elective Classes for PE Credit, Open to students, 9-12
 - PE Class & Dance Class
 - 60 hours/semester, 120/year

Earning PE Hours (During Normal times): Project Week

- Specific Project Week Activities (2.5 credits each)
- From the past:
 - A Question of Sport/
SportsSportsSports
 - Beginners Guide to Camping
 - Boxing
 - Gardening for A Healthy
Planet
 - Golden Gate Park Adventures
 - Mindfulness: Meditation &
Yoga
 - Salsa
 - Surf's Up!
 - Skateboarding
- *Project Week activities that will award PE credit will be announced before Project Week registration.*

Earning PE Hours (During Normal Times): Alternate Activities Outside of Gateway

- Club Sports outside of Gateway
- Instructor-led fitness classes
 - Dance Classes
 - Martial Arts
 - Rock Climbing
 - Physically active volunteer work
 - Sport-specific lessons
 - 1:1 Training
- Gym Membership
 - Present log-in record from Gym, specify avg time spent
 - If avg time spent @ gym is more than 90 minutes, submit a form!

Earning PE Hours (During Normal Times): Alternate Activities @ Gateway

- Offseason Workout Programs for sports
 - Supervised by coaches
- Active Clubs
 - Garden Club, Cheer & Running Club
- Houseball
 - *Must bring sheet each time for Flynn to sign!*
- Fitness Center Mon/Tues/Thurs @ Lunch

Earning PE Hours 'At Home'
(*During COVID-19* & During Normal Times)

Parent/Guardian/Relative Sign-Off

- Working out at home is free and accessible, whether or not facilities are open & sports are or are not happening
- Free resources for all kinds of fitness are available online
- Gateway has put together a huge list of great resources for working out at home
- Just like school work- make yourself a schedule & stick with it!

HOW DO I RECORD & SUBMIT HOURS
FOR CREDIT?

Recording & Submitting PE Hours:

- Starting in the 2020-2021 school year, Gateway will no longer use paper sheets for reporting PE Hours.
 - *If you still have a sheet from years past we will accept it but otherwise all hours must be submitted online.*
- The hyperlink to our entry form is included in the 'Everything You Need to Know & to Meet Gateway's PE Requirement' email
- Link also included on Gateway's Website

Recording & Submitting PE Hours:

What happens after I fill out the Google form?

- A verification email will be sent to your supervisor.
- If/when your supervisor confirms your hours, they'll be added to your transcript.
- To fill out the online form, you need the following information:
 - Your name, the organization with which you completed your hours, a description of the activity, the number of hours that you completed, the name of your supervisor and their email address
 - **MAKE SURE THAT ALL INFO & EMAIL ADDRESSES ARE CORRECT BEFORE YOU SUBMIT YOUR FORM**
 - You cannot verify your own hours. Only supervisor-approved hours will be considered valid.

Recording & Submitting PE Hours:

- Sports & Project Week hours are entered automatically once completed
- Everything else requires an online submission form
- Allow grace period for hours & credits to show up on transcript
 - Coach Flynn will update at the end of each month
- Hours earned during the summer (anytime after you start Freshman year) are allowed and acceptable!

Checking Your Progress

- PowerSchool won't always give you visibility into exactly where you stand
- Shared google doc will!
- Enables 24/7/365 insight into progress towards PE requirement for students, parents & advisors
 - Use the comment tool on google docs or email to ask specific questions!

HOW DO I CHECK MY PROGRESS?

Earning PE Hours: Checking Your Progress

The screenshot shows a Gmail inbox on a desktop browser. The browser's address bar displays the URL <https://mail.google.com/mail/u/0/#inbox>. The page header includes the Gateway Public Schools logo and a search bar. The inbox is titled "Mail" and shows 1,476 messages. The left sidebar contains navigation options: "Compose", "Inbox (789)", "Starred", "Sent Mail", "Drafts (15)", and "More". The main inbox area lists 15 emails with columns for checkboxes, sender, subject, and time. The top email is from Stephen Flynn (via Google) with the subject "PE Hours & Credits 2016-2017 - Invitation to view". Other emails include promotional offers from FansEdge, assignments from Stephanie Wilson (Classroom), and a redesigned Wells Fargo Online interface.

Sender	Subject	Time
Stephen Flynn (via Googl.)	PE Hours & Credits 2016-2017 - Invitation to view - Stephen Flynn has invited you to view the following spreadshe	10:50 am
FansEdge	20% Off What's New & Now: Trendy Picks - Popular Purchases Lately @FansEdge Popular Purchases Lately @FansEdge SHOI	9:01 am
ESPN Fantasy Sports	You're Invited to Join an ESPN Fantasy Basketball League - ESPN Fantasy Basketball You're Invited to Join an ESPN Fantasy Bas	Oct 24
Stephanie Wilson (Classr.)	New assignment: "Repaso-pgs 2-3 of packet." - Hi Charles, Stephanie Wilson posted a new assignment in Spanish 3 B, C, D, and F	Oct 24
FansEdge	20% Off. Don't Look Like The Walking Dead. - Stay On Top @FansEdge Stay On Top @FansEdge SHOP NOW FansEdge Colle	Oct 24
Tim Woolgar (Classroom)	New assignment: "Hewitt w/s 5-2" - Hi Charles, Tim Woolgar posted a new assignment in Physics 1617. Due: Oct 25 Hewitt w/s 5-2	Oct 24
me, David (2)	(no subject) - Hi Charles, You need to complete your Haring paper. The details are on Google Classroom. Also, you want to finish th	Oct 24
me, Tim (2)	(no subject) - Hi Charles, The bookwork is on Classroom. I've also attached a picture of tonights worksheet. The lab is due tomorro	Oct 24
me, Shira (2)	(no subject) - Hi Charles, I'm sorry you're not feeling well. There are some notes that you need (which Kieran has or you can get fro	Oct 24
Wells Fargo Online	Redesigned with you in mind - You'll see the new design in a few days when you sign on. View this email online. Wells Fargo hon	Oct 24
FansEdge	Trending Apparel Categories For 20% Off. - Build Up Your Wardrobe @FansEdge Build Up Your Wardrobe @FansEdge SHOP N	Oct 24
Stephanie Wilson (Classr.)	New announcement: "Examen-Capitulo 1a-Th/Friday blocks..." - Hi Charles, Stephanie Wilson posted a new announcement in	Oct 24
Stephanie Wilson (Classr.)	New assignment: "Study for your Chapter 1a Exam: Vocab+..." - Hi Charles, Stephanie Wilson posted a new assignment in Sp	Oct 24
Stephanie Wilson (Classr.)	New assignment: "Estudia tus guiones-Study your scripts..." - Hi Charles, Stephanie Wilson posted a new assignment in Spar	Oct 24
FansEdge	🏆The Cubs Are Going To The World Series! 🏆 - Get Your Locker Room & World Series Apparel Now @FansEdge Get Your Loc	Oct 22
FansEdge	What's New & Now - Hot Jerseys - Find your faves @FansEdge Find your faves @FansEdge SHOP NOW FansEdge College NF	Oct 22

Earning PE Hours: Checking Your Progress

The image shows a web browser window displaying a Gmail inbox. The browser's address bar shows the URL <https://mail.google.com/mail/u/0/#inbox>. The Gmail interface includes a search bar, a left sidebar with navigation options like 'Compose', 'Inbox (789)', 'Starred', 'Sent Mail', 'Drafts (15)', and 'More', and a main list of emails. A Google Apps menu is open on the right side of the screen, showing icons for 'My Account', 'Search', 'Mail', 'Calendar', 'Drive', 'Sheets', 'Slides', 'Sites', 'Docs', and 'More'. A green double-headed arrow is drawn over the 'G' (Google) and 'M' (Mail) icons in the menu. The email list contains various messages, including one from Stephen Flynn titled 'PE Hours & Credits 2016-2017 - Invitation to view' and several promotional emails from FansEdge. The date 'Oct 24' is visible on the right side of the email list.

Sender	Subject	Date
Stephen Flynn (via Googl.)	PE Hours & Credits 2016-2017 - Invitation to view - Stephen Flynn has invited you to view	
FansEdge	20% Off What's New & Now: Trendy Picks - Popular Purchases Lately @FansEdge Popula	
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me, Shira (2)	(no subject) - Hi Charles, I'm sorry you're not feeling well. There are some notes that you nee	
Wells Fargo Online	Redesigned with you in mind - You'll see the new design in a few days when you sign on. View this email online. Wells Fargo hon	Oct 24
FansEdge	Trending Apparel Categories For 20% Off. - Build Up Your Wardrobe @FansEdge Build Up Your Wardrobe @FansEdge SHOP N	Oct 24
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FansEdge	The Cubs Are Going To The World Series! - Get Your Locker Room & World Series Apparel Now @FansEdge Get Your Lox	Oct 22
FansEdge	What's New & Now - Hot Jerseys - Find your faves @FansEdge Find your faves @FansEdge SHOP NOW FansEdge College NF	Oct 22

<https://drive.google.com/?tab=mo&authuser=0>

Earning PE Hours: Checking Your Progress

The screenshot shows a web browser window with the address bar displaying <https://drive.google.com/drive/my-drive>. The browser tabs include 'Inbox (789) - 18charlesp@gat...' and 'My Drive - Google Drive'. The page header features the Gateway Public Schools logo and a search bar. The main content area is titled 'My Drive' and shows a 'Classroom' folder. Below the folder, there are several files, including documents and a presentation titled 'iSOY YO!' with a thumbnail image of two people. The activity log on the right side of the page shows a list of recent actions, such as 'You edited an item' and 'You shared an item', with timestamps and user names like 'David Booth' and 'Can edit'.

My Drive

NEW

My Drive ▾

My Drive

Shared with me

Recent

Google Photos

Starred

Trash

468 MB used

Folders

- Classroom

Files

- Charles P
- Charles Porter
- Charles Porter B Block...
- Charles Porter Final "D..."
- Charles porter_ fiesta ...
- chuck

Activity

LAST WEEK

- You edited an item**
Oct 16
Untitled document
- You shared an item**
Oct 16
Untitled document
- David Booth** Can edit
- You edited an item**
Oct 16
Untitled document

Earning PE Hours: Checking Your Progress

The screenshot shows a web browser window with the following elements:

- Browser Tabs:** "Inbox (789) - 18charlesp@gat..." and "Search results - Google Drive".
- Address Bar:** "https://drive.google.com/drive/search?q=Flynn".
- Page Header:** "GATEWAY PUBLIC SCHOOLS Drive" logo and a search bar containing "Flynn".
- Left Sidebar:** Navigation menu with "NEW" button, "My Drive", "Shared with me", "Recent", "Google Photos", "Starred", and "Trash". It also shows "468 MB used".
- Main Content Area:** A search result for a spreadsheet titled "PE Hours & Credits 20...". A green double-headed arrow highlights the search bar and the spreadsheet thumbnail.
- Right Panel:** A message that says "Select a file or folder to view its details." with a speech bubble icon.

Earning PE Hours: Checking Your Progress

Browser tabs: Inbox (789) - 18charlesp@gat... | Search results - Google Drive | PE Hours & Credits 2016-2017

Address bar: https://docs.google.com/spreadsheets/d/14zS6C-zedo2BUwP8wfnXNb2swYi1zCeffvaM2INnf_Q/edit#gid=0

Navigation: Apps | Bookmarks | M | PT | PS | BCL | M NCS | Learn | GHS | Athletics | SL | Emplntra | Resources & Annou... | Other Bookmarks

Document Title: PE Hours & Credits 2016-2017 | User: 18charlesp@gatewayhigh.net

Menu: File | Edit | View | Insert | Format | Data | Tools | Add-ons | Help

Permissions: View only

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Last Name	First Name	Advisor	Grade	Email Address	Hours Completed and entered to date (4/6/15)	Remainder Hours (*not credits) that have not yet been entered to transcripts but that have been turned in and approved	Alternative PE & Physical Education S2 2016-2017	Fall Sports, 2016-2017	Alternative PE & Physical Education S2 2015-2016	Spring Sports, 2015-2016	PW PE 2015-2016	Alternati Phys Educati 2015-
2	Abram	Trinity	Orner	11	18trinitya@gatewayhigh.net								
3	Abram	Rashaan	Ragen	9	20rashaana@gatewayhigh.net								
4	Aceves	Alessandra	Gelormino	10	19alessandraa@gatewayhigh.net	120					10 Girls Varsity Soccer		
5	Aguilar	Mariana	Bass	9	20marianaa@gatewayhigh.net								
6	Aguilar	Sergio	O'Rourke	11	18sergioa@gatewayhigh.net								
7	Aguirre	Giovanni	Fuller	10	19giovannia@gatewayhigh.net	90						2.5 Gardening for a Healthy Planet	5 Phy Educa
8	Ahmed	Enile	Martinez	10	19enilea@gatewayhigh.net								
9	Ainslie	Conrad	Woolgar	12	17conrada@gatewayhigh.net	30						2.5 Extreme SF	
10	Aizawa	Maria	Deanovic	9	20mariaa@gatewayhigh.net								
11	Alamri	Ali	Slykhous	11	18alia@gatewayhigh.net	60						2.5 Boxing	
12	Alawdi	Rjad	Grimes	9	20rjada@gatewayhigh.net								
13	Albertson	Julian	Wieder	11	18juliana@gatewayhigh.net	30							
14	Alessandra	Aliece	Aidi	12	17aliecea@gatewayhigh.net	60						2.5 Boxing	2.5 Girl Gate

Footer: PE Hours_All Students | PE Requirements Summary, Policies & Procedures

Earning PE Hours: Checking Your Progress

Browser tabs: Inbox (789) - 18charlesp@gat x | Search results - Google Drive x | PE Hours & Credits 2016-2017 x

Address bar: https://docs.google.com/spreadsheets/d/14zS6C-zedo2BUwP8wfNxB2swYi1zCeffvaM2INnf_Q/edit#gid=0

Navigation: Apps | Bookmarks | M | PT | PS | BCL | NCS | Learn | GHS | Athletics | SL | Emprintra | Resources & Annou... | Other Bookmarks

Document Title: PE Hours & Credits 2016-2017 | User: 18charlesp@gatewayhigh.net | Share

Permissions: View only

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Last Name	First Name	Advisor	Grade	Email Address	Hours Completed and entered to date (4/6/15)	Remainder Hours ("not credits") that have not yet been entered to transcripts but that have been turned in and approved	Alternative PE & Physical Education S2 2016-2017	Fall Sports, 2016-2017	Alternative PE & Physical Education S2 2015-2016	Spring Sports, 2015-2016	PW PE 2015-2016	Alternat Phys Educat 2015-2
352	Pilgrim	Tess	Regan	10	19tessp@gatewayhigh.net								
353	Pischke	Aaron	Martinez	11		210					10 Co-Ed Varsity Baseball	2.5 Boxng	
354	Porter	Charles	Olken	11	18charlesp@gatewayhigh.net	270						2.5 Boxng	5 Phy Educ
355	Portillo	Eduardo	Sanden	9	20eduardop@gatewayhigh.net								
356	Pourshayegan	Nikki	Sprague	12	17nikkip@gatewayhigh.net	60							
357	Pourshayegan	Shauhin	Wilson	10	19shauhin@gatewayhigh.net								
358	Poz	Manuel	Rangel	11	18manuelp@gatewayhigh.net	30						2.5 Boxng	
359	Pryfogle	Michael Noah	Plant-Thomas	12	17michaelp1@gatewayhigh.net	300					5 Co-Ed Varsity Baseball		
360	Quarterman	William	Wilson	10	19williamq@gatewayhigh.net	114	3			9.5 Alternative PE			
361	Quezada Garcia	Yareli	O'Rourke	11	18yareliq@gatewayhigh.net	120							
362	Quintanilla	Melissa	Wieder	9	20melissaq@gatewayhigh.net								
363	Ramich	Katya	Bass	12	17katyar@gatewayhigh.net								
364	Ramirez	Anthony	Berthiaume	9	20anthonyr@gatewayhigh.net								
365	Ramirez	Elizabeth	Martinez	9	20elizabethr@gatewayhigh.net								
366	Ramirez	Ariana	Orner	9	20arianar@gatewayhigh.net								
367	Ramirez-Garcia	Jeremias	Berthiaume	10	19jeremiasr@gatewayhigh.net								

Navigation: PE Hours_All Students | PE Requirements Summary, Policies & Procedures

Summary: Sum: 281

Earning PE Hours: Checking Your Progress

Browser tabs: [Inbox \(789\) - 18charlesp@gat...](#) | [Search results - Google Drive](#) | [PE Hours & Credits 2016-201](#)

Address bar: https://docs.google.com/spreadsheets/d/14zS6C-zedo2BUwP8wfNxNb2swYi1zCeffvaM2INnf_Q/edit#gid=0

Navigation: Apps | Bookmarks | M | PT | PS | BCL | NCS | Learn | GHS | Athletics | SL | Empintra | Resources & Annou... | Other Bookmarks

Document Title: PE Hours & Credits 2016-2017 | User: 18charlesp@gatewayhigh.net | Share

Filter: View only

	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA
1	Alternative PE & Physical Education S2 2016-2017	Fall Sports, 2016-2017	Alternative PE & Physical Education S2 2015-2016	Spring Sports, 2015-2016	PW PE 2015-2016	Alternative PE & Physical Education S1 2015-2016	Winter Sports, 2015-2016	Fall Sports, 2015-2016	Alternative PE S2 2014-2015	Spring Sports 2014-2015	Winter Sports 2014-2015	Alternative PE S1 2014-2015	PW PE 2014-2015	Fall Sports 2014-2015	Alternative PE 2013-2014	PW PE 2013-2014	Spring Sports, 2013-2014	Winter Sports, 2013-2014	Fall Sports 2013-2014	Alternative PE 2012-2013
351																				
352																				
353				10 Co-Ed Varsity Baseball	2.5 Boxng									5 Boys Varsity Soccer						
354					2.5 Boxng	5 Physical Educator	10 Boys Varsity Basketball			2.5 Golf	2.5 Boys Varsity Basketball									
355															5 PE-1					
356																				
357																				
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359				5 Co-Ed Varsity Baseball						10 Co-Ed Baseball							10 Co-Ed Baseball			
360			9.5 Alternative PE																	
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368																				
369																				
370													2.5 Mindfulness Meditation & Yoga							
371				10 Co-Ed Varsity Baseball	2.5 A Question of Sport					10 Co-Ed Baseball									10 Boys Varsity Baseball	
372																				

Bottom Bar: PE Hours_All Students | PE Requirements Summary, Policies & Procedures | Sum: 281

Earning PE Hours: Checking Your Progress

Inbox (789) - 18charlesp@gat Search results - Google Drive PE Hours & Credits 2016-2017 Stephen

https://docs.google.com/spreadsheets/d/14zS6C-zedo2BUwP8wfNxNb2swY1zCeffvaM2INnf_Q/edit#gid=10

Apps Bookmarks M PT PS BCL M NCS Learn GHS Athletics SL Emplntra Resources & Annou... Other Bookmarks

PE Hours & Credits 2016-2017 18charlesp@gatewayhigh.net

File Edit View Insert Format Data Tools Add-ons Help

View only

Students who go to a gym or fitness center may have the facility manager print out their login sheet and sign it for credit. Other acceptable supervised activities include participation in the Girls Run Gateway Club or in "Houseball" intramurals at Gateway, yoga, Pilates, dance, rock climbing, martial arts, participation on a sports team outside of Gateway, a job or internship that requires strenuous physical exercise, or participation in selected project week activities. If you have any questions about the...

1 PE Requirements Summary, Policies & Procedures

2

3 Gateway High School students are required to complete 240 hours (or 20 credits) of supervised physical activity in order to graduate. Student-Athletes will be given credit for their participation on interscholastic sports teams and do not need to keep track of their hours for their season(s) of sport. Credit allocations are as follows: 10 Credits (120 hours) for full participation in Varsity sports and for Boys JV Basketball, 7.5 credits (90 hours) for Girls JV Volleyball. Students may also earn PE credits from specific Project Week activities. Credited PW Courses from 2015-2016 include: A Question of Sport, Beginners Guide to Camping, Boxing, Gardening for A Healthy Planet, Golden Gate Park Adventures, Mindfulness: Meditation & Yoga, & Surf's Up! 2016-2017 Project Week activities that will award PE credit will be announced before Project Week registration.

4

5 Those who complete supervised exercise outside Gateway are responsible for filling out a Physical Education Alternate Activity Record with dates and times of physical activity and the signature of their supervisor/coach. Parents or relatives may not sign off on completed hours without a pre-approved Parent Sign Off Application. This Parent Sign-Off Application must be renewed with each completed Alternate Activity Log and requires the student and parent to agree upon and monitor progress towards at least three stated and measurable fitness goals. These goals should reflect and inspire continued effort by the student to improve his/her performance during physical activity and should be revisited before each completed sheet is turned in for credit.

6

7 Students who go to a gym or fitness center may have the facility manager print out their login sheet and sign it for credit. Other acceptable supervised activities include participation in the Girls Run Gateway Club or in "Houseball" intramurals at Gateway, yoga, Pilates, dance, rock climbing, martial arts, participation on a sports team outside of Gateway, a job or internship that requires strenuous physical exercise, or participation in selected project week activities. If you have any questions about the validity of an alternate activity for PE credit, please do not hesitate to ask. Gateway does offer one PE Class elective for sophomores, juniors, and seniors, the availability of which is limited to 24 students each semester.

8

9 dents have until five days before their graduation to have completed all of their hours and to have submitted (and had approved) all of their alternate activity records. If hours are not completed, seniors may participate in the graduation ceremony, but diplomas will not be issued until hours are completed. Physical Education Alternate Activity Records should be turned in as soon as possible for entry to the online system, to transcript, and to avoid losing track of hours or sheets. They may be scanned/emailed at any time. Forging these forms is a serious infraction and will be dealt with by Gateway's administration accordingly. All completed Physical Education forms are subject to review.

10

11 "Physical Education Alternate Activity Records" are available in Gateway's main office, outside of Room 108, and are posted for download on Gateway's website on the Physical Education page. Links are posted at the bottom of this spreadsheet as well.

12

13 Completed forms should be turned in to Coach Flynn's mailbox, handed to him directly, or scanned/emailed to sflynn@gatewayhigh.org. Once approved, hours are entered to a Google spreadsheet and are entered to transcript once during the Christmas break and again at the end of the school year. All Gateway students will have access to the Google form through their student email account, so they can monitor their progress at any time. Parents may have access to this form upon request, as well. All completed forms will be kept on file for future reference.

14


15 http://www.gatewaypublicschools.org/uploaded/Gateway_High_School/Academics/GHS_PE_Forms_PE_Hours_Alternate_Activity_Log_2016-2017.pdf

16 <http://www.gat...2016-2017.pdf>

17 http://www.gatewaypublicschools.org/uploaded/Gateway_High_School/Academics/GHS_PE_Forms_PE_Hours_Parent_Sign-Off_Application_2016-2017.pdf

Add 1000 more rows at bottom.

PE Hours_All Students PE Requirements Summary, Policies & Procedures



Earning PE Hours: Free Online Fitness Resources

Gateway HS Athletics & Physical Education Department Presents: Online Health & Fitness Classes & Resources for HS Students & Families		
Course/Class/Video Title	Hyperlink	Short Description
<p><i>The following list was compiled by the Athletics & PE Department at Gateway High School in San Francisco. It represents our best effort to provide access to free Health & Fitness classes & instruction for High School aged students & their families during (& after) the COVID-19 Pandemic. In fitting with the mission & core values of Gateway Public Schools, we did our best to present a wide variety of classes taught by instructors from different backgrounds and that effectively serves students with different interests, body types, fitness goals, levels of experience, levels of body awareness, athleticism & physical intelligence. For those with hearing impairments, be sure to scroll all the way to the bottom, where we've compiled ASL-guided courses across multiple genres.</i></p>		
4	Yoga, Tai Chi & Qi Gong	
5	www.youtube.com/channel/UCJEi1foUiG0bzzQM3QA2H5A/featured	Alo Yoga is a leading Yoga brand that employs some of the most popular yoga instructors in the world. Their channel includes a wide variety of yoga & fitness videos, all of which can be done from home and without any equipment. Recommended courses include Bright Hatha Yoga with Talia Sutra, Morning Vinyasa Flow with Ashley Galvin, 15-Minute Hips & Hamstrings Flow with Jessica Olie & Yoga got Arm Strength with Andrew Sealy
6	www.youtube.com/user/bodypositiveyoga/feed	Body Positive Yoga is low-pressure, judgment-free yoga for big bodies, creaky joints, and beginners. It's taught by a big yogi with a "big asana" and a big heart!
7	www.youtube.com/user/OfficialFaithHunter/featured	Faith Hunter is an international yoga and meditation instructor, wellness philanthropist, movement motivator, healing guide, music head, and 'Spiritually Fly' theorist from Washington DC. Her passionate teaching style is heavily influenced by Kundalini Yoga, Vinyasa, and various forms of meditation. Faith blends Classic yogic principles and real-world occurrences into an integrated experience that is grounded, radical and unforgettably Spiritually Fly™.
8	www.youtube.com/user/yogawithadriene	Yoga with Adriene is a popular yoga channel. Adriene has a huge library of yoga classes and instruction for practitioners of any level.
9	www.youtube.com/channel/UCxkLizyaKhpeeZiK27Leaw	Tai chi, short for T'ai chi ch'üan or Tàijǐ quán, is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation. The term taiji is a Chinese cosmological concept for the flux of yin and yang, and 'quan' means fist. Taiflow has a great library of Tai Chi classes, all of which can be done at home and none of which require any equipment.
10	www.youtube.com/channel/	Qigong (/ˈtʃiːˈɡoŋ/), [1] qi gong, chi kung, or chi gung (simplified Chinese: 气功; traditional Chinese: 氣功; pinyin: qìgōng; Wade-Giles: ch'í kung; literally: 'life-energy cultivation') is a centuries-old system of coordinated body-posture and movement, breathing, and meditation[2] used for the purposes of health, spirituality, and martial-arts training. This channel has a ton of great content to introduce and guide you through this practice.
11	www.youtube.com/user/YogaDownload	This is a selection of YogaDownload.com's best concise, free yoga classes, including a wide variety of styles, that include, vinyasa, power & hatha yoga.
12	www.youtube.com/channel/	De la Profesora: "Soy Xuan Lan, profesora de yoga certificada en vinyasa yoga. Aunque mi práctica más habitual ha sido el ashtanga yoga, practico varios estilos de yoga dinámico derivados del vinyasa yoga. Tras 10 años en marketing y banca, decidí dedicarme a la enseñanza del yoga; actualmente, imparto clases en la academia de OT. El yoga cambió mi vida, espero que cambie la tuya también :)"
13	www.youtube.com/channel/	非常榮幸邀請到 YouTuber 地下理事長阿滴! 私人瑜珈課第一集當然要介紹初學者必學的動作! 並且建立瑜珈入門的正確觀念! 打破許多人的迷思: 瑜珈只有伸展? ! 瑜珈不會流汗? ! 筋骨很硬的人不能瑜珈? !

CLOSING THOUGHTS

- Hours can absolutely be recorded & earned during the summer
- Use the online entry form to enter your hours anytime.
- Keep track on your own google sheet or in your own journal and then submit online.
- We recommend waiting until you have at least 12 hours before submitting a new form.

QUESTIONS?

- Look carefully back at this presentation
- Read carefully through Policies & Procedures
- Email sflynn@gatewayhigh.org