



Congratulations on a great first week to everyone. It was a pleasure getting to know all of the great students at HLA. I look forward to an exciting year here.

Next week we will be continuing to work on movement and spatial awareness. These skills are a great foundation to build on as we eventually move into more complex sports and games later in the year. By focusing on this stuff now students will get the fundamental skills they need to excel in more demanding activities later on. It also provides a great framework to help younger students understand how to apply social distancing both in PE and in general day to day life. We will also be reviewing PE rules and correct social behaviors to exhibit in an athletic environment, sportsmanship, Responsibility, respect etc.

For our brick and mortar students, last week your students were sent home with a grading rubric for PE. This rubric describes how your students will be assessed and graded in my class. Please read the rubric and sign and return the bottom portion to school with your student. Please also write your students name on the back of the signature slip. This needs to be returned by Friday September 11th.

For our friends in the digital academy, be sure that you are keeping up with your exercise logs. Every Friday you will need to submit an exercise log to me that lists which exercises you did on each day as well as some additional information specific to each weekly assignment, so be sure to read the directions of the assignment each week carefully. You can submit those logs directly through the Google classroom, or you may email them to me at bcotter@hlacharter.com. If you have any questions at all, please feel free to reach out to me.

Thank you and I look forward to a great year here at HLA.

Coach Cotter