

HOPE

Hello Everyone and Welcome to online HOPE! I hope everyone had a restful and safe spring break. As we go through this process together, please stay open minded. My number one goal is to get you through this class **STRESS** free. Staying active through this time is **CRUCIAL** to your physical and mental health. Even though most of us are stuck at home, this is a great time to get creative and use your online resources.

That being said here are a few things you can expect to do for our class:

- 1) **Weekly Assignments:** I will be assigning you bookwork/Notes every Monday that will be expected to be completed by the due date that is on the calendar. I will also be assigning you to watch videos with questions that must be completed by **11:59pm of due date.**
- 2) **Projects/Test:** At the end of each unit you will either be assigned a project or Test to review the material and demonstrate your mastery of the subject.
- 3) **Weekly Workouts:** We want you to continue to stay healthy. We will provide a link to multiple body weight workouts as well as encouraging you to get out and walk and jog multiple times over the next couple of weeks.

I will be available by email 9 am-4pm Monday through Friday, and it is my duty to answer your emails within 24 hours. I will try my best to answer After Hours emails, but I will get back to you the next day.

I am here for you all, and if you need extra time for assignments/extra clarification and help/ideas for workouts, do not hesitate to email me. **BUT—I will not excuse late work** if you did not contact me prior to it being late, and every day your assignment is late it will be 10 points off.

I know these next few weeks will be interesting, but you must have your health in mind! Eat healthy foods and get exercise and you will be much happier during this time.

Stay Safe!
Coach Bogart, Guice, Taylor