

# Health, Physical Education & Technology Requirements

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## 2014-2015 School Year ~~ Michigan Great Lakes Virtual Academy

### **P.E.:**

Michigan's Department of Education expects students in grades K-8 to receive at least 2.5 hours per week of physical exercise. It is up to the Learning Coach and student to be sure that the student gets **at least 30 minutes of activity each school day.**

[Let's Move](#) is a great resource for getting the whole family active. Go to PHYSICAL ACTIVITY, then LET'S MOVE OUTSIDE for some great suggestions!

### **HEALTH:**

Michigan's Department of Education also **requires students to receive 50 hours of health education at each grade.** You can find your students grade level objectives/strands in the link below. Most of these hours will be provided by the Learning Coach at home as we do understand that many of these topics cover sensitive material/issues which should be covered at home with the Learning Coach.

### **HEALTH OBJECTIVES:**

[http://www.michigan.gov/mde/0,4615,7-140-28753\\_64839\\_38684\\_29233-156852--00.html](http://www.michigan.gov/mde/0,4615,7-140-28753_64839_38684_29233-156852--00.html)

Other Resources:

<http://www.bbc.co.uk/science/humanbody/body/index.shtml?lifecycle>

<http://e-learningforkids.org/>

<http://www.netsmartzkids.org/LearnWithClicky/NetSmartzChatAbbreviation>

<http://www.safekids.com/quiz/index.html>

<http://kidshealth.org/kid/recipes/>

### **TECHNOLOGY:**

**All Class Connect sessions can be logged under "Technology"** as well as any time you are working with your student on items like uploading photos, creating a Power Point, "how to use the computer", etc. There is so much technology that they will/have been learning at K12, the opportunities are endless. ☺ **There is no hourly requirement for Technology Hours; however, your student should not be ending the year with 0!**