Welcome back!

September 2, 2020

Greetings Parents,

Welcome to the 2020-2021 Virtual school year. My name is Mrs. Derricotte and I am teaching Health and Physical Education this year. This year is beginning much differently than in years past due to Covid-19, but just as exciting for all of us... We will be starting the year online with lessons in Health and Physical Education. I will be sending information through Google Classroom to keep you up to date on any lessons as well as providing links we will be using for lessons.

Physical Education

When lessons are being held online for Physical Education it is important that your child be in a space that is clear, open and safe. We will be active, creative and most of all we will have some fun while we are moving and exercising. Wear comfortable clothing that is appropriate for activity and sports. I want to stress that having the appropriate attire for class significantly reduces injury and helps students to maintain a good activity level during class.

Health Education

During health class we will be covering various topics. From healthy habits to social emotional health. I believe whatever size of phyical ability, it is just as important to ensure your social/emotional health are on target as well.. We will utilize slide shows, School District approved YouTube tutorials, individual work to stay informed and interested. For health class your child will need: a pencil and journal for notes and reflection.

As stated above please have your child enter the virtual classroom on mute please.

Sincerely,

Mrs. Afua Derricotte
Health and Physical Education Teacher
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