

Dear Students,

We would like to inform you about the requirements of the Physical Education acquisition. From 8th March we start the P.E. class at online.

If this pandemic situation finishes, we will return to a usual class. It means we hold a class face to face according to class schedule.

The requirements of the Physical Education acquisition

- You input your workout (walkig, running or cycling) your app and take a screenshot. You need send it to us.

<https://www.asurion.com/connect/tech-tips/top-10-running-apps-for-ios-and-android/>

It's important that we can check the date of workout, the duration of workout, the distance and tempo at the screenshot.

1. Walking-Hiking 5-10 km

2. Runnings 3-5 km

3. Cycling 15-30 km

As the workouts progressed, the intensity or the extent, both of them need to be increased.

- Home workouts 45-60 min with an app. <https://www.techradar.com/best/workout-app>
It's important that we can check the date of workout, the details of workouts, some photos or videos which shows your workouts. You have to send those documents to us by e-mail.

The student can exercise according to his own schedule during the week, therefore it is not possible to complete the training tasks of the given week either in advance or afterwards.

Exemptions:

- For a present active athlete: You need to submit the certificate which is issued by your club. The certificate needs to show your regular sports activities.

The deadline of submission: 19th March 2021.

- In case of health or medical problem, please contact your teacher. You can find him/her the below of this letter.

You have to submit proved documents to your teacher every week. It needs to include your name, your course name, your subject name (e.g. Aerobic1, Kondi1 etc.). You can find an email address of your teacher in letter sent via Neptun system.

We wish your good exercise and good health!