Arlington High School

Online PE Expectations

* This is a virtual classroom, therefore, appropriate classroom behavior is expected
* Log into your class or meeting from a distraction-free, quiet environment.
* Please keep your audio on mute until you want to speak. This will help to limit background noise.
* Close unneeded applications on your computer to optimize the video quality.
* If you would like to use the chatbox, remember that it is public, and a record of the chat is kept and archived.
* Keep paper and a pen or pencil handy to take notes.
* Make sure your video is on (if you have camera capabilities) so your teacher and peers can see you.
* If you would like to speak or answer a question, use the “Raise Hand” feature. Then unmute yourself after you are called on by your teacher.
* When you are speaking, let others know that you are finished by saying something like, “That’s all,” or “I’m done,” or “Thank you,” so that everyone knows you have finished your comments.
* Be mindful of your background lighting. If you are sitting with your back to a window, you may be silhouetted by the light coming through. Your overhead light might also need to be adjusted for the best image quality.
* Please take care of your personal needs (appropriate dress, basic hygiene, eating, chewing gum, talking to others in your home, etc.) before entering a Google Meet Classroom.
* Please do not use profanity or inappropriate language.
* Remember to sign out or “leave the meeting” when the session is finished.