

Hello Firebirds,

As summer winds down I want to share some information regarding what Physical Education and Athletics will look like as we start the year remotely and how things may play out through the year as we get back on campus.

Please read through the information below and feel free to reach out with any questions.

Thank you

Don Collins

Director of Athletics

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We are excited to announce that we have partnered with [PLT4M](#) for the upcoming school year! PLT4M is an educational fitness platform designed for schools. PLT4M has built a variety of programs from introductory movement to advanced weight lifting to ensure the proper fit for every student. The PLT4M curriculum is built around progression and planning. They believe in setting common foundations, progressing students through a holistic education into specific fitness tracks that allow them to realize their fullest potential, all while recognizing that no two individuals are the same. PLT4M is a tool that will be utilized by our coaching staff in an effort to spark student engagement and to strengthen the student/coach relationship.

[PLT4M Distance Learning Program Menu](#)

### **Physical Education Classes**

Upper School and Middle School Physical Education – The athletic department is working to ensure students stay physically active and healthy while learning either remotely or while having socially distanced classes on campus. While remote, PE classes will be focused on general fitness at home workouts that are run by their coach, utilizing PLT4M. The expectation is that students report to PE as assigned, and attendance will be taken. For 9th and 10th grade students who are interested in a more advanced strength and conditioning program, they will be

able to sign up for this training during their regularly scheduled PE period, and will have the opportunity to work with Coach Wheel.

### **Independent Physical Education (IPE)**

Given the current landscape with COVID-19 there have been some changes made to the 2020-21 IPE program. We encourage students to be physically active in a safe and responsible way. The IPE program allows students who participate in an outside sport (generally one that PRS does not offer) and who meet certain criteria, have the ability to count that outside activity toward their school PE requirement. The IPE application attached at the bottom of this email provides more information. Questions? Please contact Coach Liza Neptune at [lneptune@pacificridge.org](mailto:lneptune@pacificridge.org).

- IPE changes for this year only:
  - Middle School students will be eligible for IPE..
  - During the first trimester, when we are not able to offer our usual offering of sports, students are able to get IPE credit for a sport the school does offer.
  - Having a performance or competition goal is an essential part of the IPE program and students should be working toward that goal. However, we understand that competitions might be on hold during this time.

### **Strength and Conditioning**

We will offer strength and conditioning training remotely to start the school year, utilizing the expertise of Coach Wheel and the PLT4M program. As we are able, we will transition the program into an on-campus format. 11th and 12th grade students will need to sign up for after-school classes while 9th and 10th grade students will be able to sign up for this training during their regularly scheduled PE period.

### **Middle School Athletics**

We do not anticipate that we will have competitive fall sports in the Middle School. We hope that we will during the winter and spring seasons, in line with the decisions that CIF has made regarding the Upper School sports 20-21 calendar (see link below).

### **Upper School Athletics**

We will start our usual sports programming according to the CIF calendar released on Friday August, 14. [CIF - San Diego Section Master Calendar 20-21](#)

### **Sport-Specific Skill Training**

As we return to campus and the guidelines allow, some of our programs will offer sport-specific skill training. This training will be focused on skills and fitness related to a specific sport. This training is intended only for those who plan on playing the sport this school year.

### **Intramural Programs**

As campus opens up and guidelines allow we will offer a variety of intramural sports for anyone who would like to participate. These offerings are intended to be a fun way to get active, build relationships and have some fun upon our return. These programs will likely take place 2-3 days a week after school with some practice and competition.