

Name: _____

Date: _____

PEC Category: Class Content


Credits: 1.0

Due: Wednesday, February 9

Navigating the Get Fit, Stay Fit Blog Page

IMPORTANT: If using the internet at school open Mozilla Firefox  or Internet Explorer Volume 8 + 

This PEC is designed to have you go through the Alpha PE website and become familiar with how to navigate through it. This is where we will be posting all of the PECs and information related to our course. To begin:

1. Log on to the Alpha website at <http://alpha.sd41.bc.ca/>
2. Click on “Departments” which is on the upper left side of the screen, and then click on “Physical Education”
3. Now that you’re on the Alpha PE webpage click on the name of the class you are registered in this semester (PE 11/12, PE 11/12 Girls, Get Fit, Stay Fit)
4. When the new page loads up look to the right hand side of the screen for the following link: [Google calendar](#) . Click on this and answer the question: **What is happening on Friday, February 4?** _____
5. Beneath the picture at the top of the page with all the fit balls, you will see a link titled “PE STAFF”. Click on this. When the page loads up you will see the names of all the PE staff members and their email addresses in case you need to contact them (to see email address keep the mouse cursor over the letter icon  and then look to the bottom left part of your screen).
What is the email address of your teacher? _____
6. Now move your mouse cursor to the tab titled “GET FIT, STAY FIT 11/12” and Click on the “GET FIT, STAY FIT PECs” from the drop down menu.
7. When the new page loads up look to the right side of the screen under “Teacher’s Class Info” and click on “Mr. Ogilvie’s Class”.
8. On the new page look for the “PECs” menu bar and select “Class Content” and then “Website Walk Through” from the drop down menu.
9. Here you will find a brief description of the assignment and a link to click so you can download this assignment.