

Instructions for participating in distance PE classes using Google Meet:

1. Register for selected PE classes at www.rejestracja.usos.uw.edu.pl.
2. Log in or create a Gmail account in the @student.uw.edu.pl domain (more information on the page www.it.uw.edu.pl).
3. At the above e-mail address you will receive a link authorizing you to participate in classes on the google.meets platform.
4. Log in to the meeting (classes) at least 10 minutes before the class starts.
5. Classes start on time - prepare clothes and equipment for classes, a bottle of water and a space for activity
6. During classes, remember that the camera is turned on and the microphone is turned off (to eliminate noise).