

PE Generic Schedule

Monday - Friday

Grades K-5 will have two P.E. lessons each week.
These lessons will post to each Google Classroom at 8 A.M. on Mondays.
Most lessons will be asynchronous and can be worked on at students' and families' convenience.

Each lesson will consist of no more than 20 minutes of screen time.
All students should be physically active between 30 - 60 minutes each day. This includes P.E. time as well as non-school activities.

Mr. Biggers is available for questions through Google Classroom comments every morning.

Included with the Class Work for each lesson will be an attendance question, which will be submitted at the end of each lesson.

Mr. Biggers will have "office hours" available to meet with K-5 students and parents on an as-needed or requested basis from 1:00 - 2:00 P.M.

The total time for P.E. should average approximately 100 minutes per week. This does not include the time students are encouraged to be physically active in a non-school setting.