

PE/HEALTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:05-9:00	8 th PE/Health	8 th PE/Health	8 th PE/Health	8 th PE/Health
9:03-9:58	7 th PE/Health	7 th PE/Health	7 th PE/Health	7 th PE/Health
10:01-10:56	9 th PE/Health	9 th PE/Health	9 th PE/Health	9 th PE/Health
11:55-12:25	K(Gusso)	K(Herrlein)	K(Gusso)	K(Herrlein)
12:25- 1:05	4 th PE	3 rd PE	4 th PE	3 rd PE
1:05- 1:40	2(Plucker)	2(Smidt)	2(Plucker)	2(Smidt)
2:15-2:50	1(Gerry)	1(Robertson)	1(Gerry)	1(Robertson)
3:00-3:40	6 th PE	5 th PE	6 th PE	5 th PE

- K-6 Students need to remember to bring their PE shoes and appropriate PE attire on their PE Days.
 - K-3 Students will not be changing clothes for PE, but need tennis shoes that stay on and tie up. They should also provide good support for the students. **Flat bottom shoes are not good for exercising in and usually don't tie up tight to their foot and should be avoided. Thanks for helping with this matter.**
 - 4-6th Students have the option of using the locker rooms and changing into PE clothes for class. This is optional and the students should change quickly to allow maximum time in physical activity.
 - Hopefully on Fridays students will find some type of physical activity to do for 60 minutes.
 - 7th_9th Grade students will be changing in the locker rooms for PE class this year.
 - They need to bring PE shorts, proper court shoes (that don't mark), and a t-shirt. Flat bottomed skate board shoes are **not** good for running and exercising. Please avoid these types of shoes.
 - There are showers available for the students and are recommended for 7th, 8th, 9th. Personal Hygiene is important and should be encouraged by all. A change of clothes is important.
- Class Expectations
 - Do Your Best
 - Treat Others Kindly
 - Be Prepared for Class
 - Make sure to bring your PE Clothes and Shoes
 - Hurry getting dressed and into the gym ready to go.
 - Improve your overall health and fitness by setting personal goals and working hard to achieve them.