

Dear families,

PE amount of WEEKLY work example:

STUDENTS with ONE PE Class

	Day 1	Day 2	Day 3	TOTAL for week
Minimum time (in minutes)	45	45	45	135
Maximum time (in minutes)	60	60	60	180

The 180 minutes of exercise is advised by the CDC (Center for Disease Control)

STUDENTS with TWO PE classes

Students that may have TWO PE classes, example PE10 and Basketball Tactics

	Day 1	Day 2	Day 3	Day 4	Day 5	TOTAL for week
Minimum time (in minutes)	30	30	30	30	30	150
Maximum time (in minutes)	45	45	45	45	45	225