Dear families,
PE amount of WEEKLY work example:
STUDENTS with ONE PE Class

|  | Day 1 | Day 2 | Day 3 | TOTAL for week |
| :--- | :--- | :--- | :--- | :--- |
| Minimum time <br> (in minutes) | 45 | 45 | 45 | 135 |
| Maximum time <br> (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 |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Minimum time 30 <br> (in minutes) | 30 | 30 | Day 4 <br> 30 | Day 5 <br> 30 | TOTAL for week <br> 150 |
| Maximum time 45 <br> (in minutes) | 45 | 45 | 45 | 45 | 225 |

