

Physical Activity

P.E.

30 minutes each day

Recess

20 minutes each day

In-Class Physical Activity

10 minutes each day

Monday

AM

PM

Tuesday

AM

PM

Wednesday

AM

PM

Thursday

AM

PM

Friday

AM

PM

Total Minutes

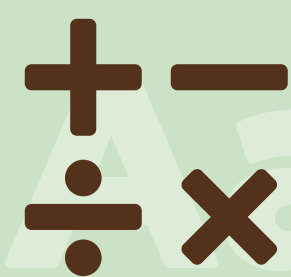
150 Minutes

100 Minutes

50 Minutes



Aa



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