



MS PE- 1st Rotation (Aug., Sept., Oct.) 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stay hydrated! DRINK WATER ALL DAY LONG!	Aug 28 Band (WW) Vocal (Boys)	29	30 Dance 1 Band (Brass/Percussion)	31	Sept 1 Vocal (Girls) Dance 2	<u>Health Benefits of Exercise:</u>
Fuel for the day! EAT BREAKFAST!	4 No School Labor Day	5	6 Band (WW) Vocal (Boys)	7	8 Dance 1 Band (Brass/Percussion)	
STAY ACTIVE ON THE DAYS YOU DON'T HAVE PE!	11	12 Vocal (Girls) Dance 2	13	14 Band (WW) Vocal (Boys)	15	<ul style="list-style-type: none"> • Stronger heart, bones and healthier muscles • Healthy growth and development • Better posture and balance
	18 Dance 1 Band (Brass/Percussion)	19	20 Vocal (Girls) Dance 2	21	22 Band (WW) Vocal (Boys)	<ul style="list-style-type: none"> • Opportunities for socializing
Physical activity plays an important role in the health, well-being & quality of your life, and it is particularly important for youth.	25	26 Dance 1 Band (Brass/Percussion)	27	28 Vocal (Girls) Dance 2	29	How much physical activity do children need? One hour of moderate to vigorous-intensity physical activity daily.
Habits formed early can last a lifetime!	Oct 2 Band (WW) Vocal (Boys)	3	4 Dance 1 Band (Brass/Percussion)	5	6 Vocal (Girls) Dance 2	...But more is even better!

Students are expected to come prepared for class. Students should wear a plain white or gray t-shirt, not a shirt turned inside out, or any color SOA shirt, athletic/fitness shorts (capris, sweatpants, or yoga pants), and fitness/athletic shoes. Jeans, khaki shorts, and canvas type shoes are not acceptable for Physical Education class. Students are also expected to change out of their PE clothes at the end of class. Students will receive a warning for the first time they are not prepared for PE, or *after* class. After that, they will earn a lunch detention.

Play fair, respect others, and HAVE FUN! 😊