



Physical Education

Students are asked to dress to be active and have proper footwear for outside and inside. We will not provide a space to change for class this school year.

Grade 3-6 students have Phys. Ed. class every day.

Grade 7 have Phys. Ed. on day 1,3,5 and 6.

Grade 8 have Phys. Ed. on day 1,2,3 and 5.

Grade 9 have Phys. Ed. on day 2,4 and 6.

The **Basic Movement Skills** button has indicators to look for when performing basic movement skills.

The **Activity Guidelines** and **Active Living** buttons have information for the whole family about recommended activity for all ages.

The **Phys. Ed. Links** button has connections to websites.

If there is a return to remote learning, the form to use to submit activity is found by clicking the **Activity Log** button.

If you have any questions please contact me through my school e-mail: <mailto:rsimpson@lssd.ca>