



Physical Education

Students are asked to dress to be active and have proper footwear for outside and inside. Grade 3/4 – 9 are encouraged to bring a change of clothes for class.

Grade K, 1, 2/3 - Phys. Ed. class every day.

Grade 3/4 - Phys. Ed. on day 1,2,3,5 and 6.

Grade 4/5 and 6 - Phys. Ed. on day 1,3,4,5 and 6.

Grade 7/8 - Phys. Ed. on day 1,4,5 and 6.

Grade 9 - Phys. Ed. on day 1,3 and 4.

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. and Holiday/Winter 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>