



Physical Education

7 Week Plan



Weeks	Dates	Activity	Canvas Quiz
1	April 20 - April 24	30-60 minutes of Physical Activity & Complete Activity Log	Friday - April 24
2	April 27 - May 1	30-60 minutes of Physical Activity & Complete Activity Log	Friday - May 1
3	May 4 - May 8	30-60 minutes of Physical Activity & Complete Activity Log	Friday - May 8
4	May 11 - May 15	30-60 minutes of Physical Activity & Complete Activity Log	Friday - May 15
5	May 18 - May 21	30-60 minutes of Physical Activity & Complete Activity Log	Thursday - May 21
6	May 25 - May 29	30-60 minutes of Physical Activity & Complete Activity Log	Friday - May 29
7	June 1 - June 5	30-60 minutes of Physical Activity & Complete Activity Log	Friday - June 5