

General Physical Education Information

*In Physical Education class, students may help themselves to a drink anytime there is music playing or they are playing/participating in an activity. This works out to 35-40 minutes out of 45 in an average class.

They must wait to help themselves if called in for directions or it is time to leave the gym. The reason for mentioning this is that they have many, many opportunities to hydrate and if the claim is different upon their return to your classroom please remind them of all their opportunities when in Physical Education.

*Students may use the restroom anytime there is music playing or they are participating in an activity as long as they ask first. It is a need to know basis when they leave the gym.

Mrs. Hepburn - Laredo K-5 Physical Education Teacher