

**WELCOME TO PHYSICAL
EDUCATION**

Coach Ferrer

My name is Coach Ferrer. I want to welcome each of you back to school for the 2020-21 school year. I am looking forward seeing all of you on line as well as when it is time for us to be together in person. I am in my second year at Pierre Laclede and I am looking forward to adding even more new equipment and activities that can be done at home and once we return to school. Until we meet Face to Face . We will be **STRONGER TOGETHER!**





Class Goals for 2020-21

- To move for at least 60 minutes every day.
- To enjoy PE activities and games.
- To be willing to try each activity and do it the best that I can.
- To Remain Safe and Practice Proper Hygiene activities at all time.
- When in a crowd try to wear a mask and stay at least six feet apart.




Schedule.docx

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PLJCA Master Block Schedule

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Specials Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 – 8:30	Teacher Prep	Teacher Prep	Teacher Prep	Teacher Prep	Teacher Prep
8:30 – 9:20	Art – 6 th Music – 7 th PE – 8 th	Art – 7 th Music – 8 th PE – 6 th	Art – 8 th Music – 6 th PE – 7 th	Art – 6 th Music – 7 th PE – 8 th	Art – 7 th Music – 8 th PE – 6 th
9:20 – 11:00	Planning Time	Planning Time	Planning Time	Planning Time	Planning Time
11:00 – 11:30	Lunch	Lunch	Lunch	Lunch	Lunch
11:30 – 12:20	Art – 3 rd Music – 4 th PE – 5 th	Art – 4 th Music – 5 th PE – 3 rd	Art – 5 th Music – 3 rd PE – 4 th	Art – 3 rd Music – 4 th PE – 5 th	Art – 4 th Music – 5 th PE – 3 rd
12:20 – 1:30	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours
1:30 – 2:20	Art – Kdg Music – 1 st PE – 2 nd	Art – 1 st Music – 2 nd PE – Kdg	Art – 2 nd Music – Kdg PE – 1 st	Art – Kdg Music – 1 st PE – 2 nd	Art – 1 st Music – 2 nd PE – Kdg
2:20 – 3:00	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours	Virtual Office Hours

MyAnalytics

AT HOME PE SUPPLIES

- While at home. I am asking that you collect the following items over the next two(2) weeks.
- 10 plastic water bottles and 10 Large Liter Bottles (Soda cans can also be collected)
- 1 small or medium size ball. (if no balls use socks to ball up if needed)
- Your Favorite Sport Ball (Basketball, Football, Soccer Ball or KickBall)
- 1 Jump Rope
- 1 Box of Sidewalk Chalk
- 5 shoe boxes

We will have fun like last year



Daily Activity Warm Up

- 7 to 10 minute Warm Up Walk
- Daily Exercise(Depending on Grade Level)
- 10 to 25 Jumping Jacks
- 10 to 25 Toe, Stomach , Skies
- 10 to 25 Alternating Toes touches
- Let's Move to Music 3 to 5 minutes (Pick your Favorite song to dance or Tic Tock)



Daily Class Activities

- Each Class will be 50 to 55 minutes
- Class Warm Up and Exercise(20 minutes)
- Class Activity Games , Skill demonstration and Free Play time (25 minutes)
- Cool Down (5 minutes)



Contact Information

- Parents see contact Information below:
- E mail: Michael.Ferrer@slps.org
- Phone: 314-385-0556
- Plan time: 9:00am-11:00am
- Virtual Office Hours: 12:20 pm – 1:30 pm
- and 2:20 pm – 3:00 pm

