

St. James Catholic Middle School

Movement and Active Learning



- PE: 1x per week
- PE: Elective (Daily or 2x per week)
- Traditional Recess 1x per week
- Daily 10 minute walk for fresh air, outside/social time, physical activity
- House Challenges 1x per week (physical or brain activity)
- In class Brain Breaks/Games/Movement activities
- Playing games in the classroom to learn content
- Morning break time for snack and socialization
- SMART Club offerings with team-building activities & opportunities to explore new hobbies
- Flexible seating options throughout the middle school classrooms for movement

Monday	Tuesday	Wednesday	Thursday	Friday
-PE (50 min) -Walk (10 min) -PE Elective(50 min)	-Walk (10 min) -PE Elective(50 min)	-Walk (10 min) -PE Elective(50 min)	-Recess (20 min) -House Challenge (50 min) -PE Elective(50 min)	-Walk (20 min)

*Students who choose a PE elective Daily will have **60-120** minutes of activity daily.

*Students are not required to take the PE elective, but may if extra movement time is desired

*PE elective is offered **2x per week or 4x per week**, so a student may choose 2 different electives during the quarter if desired.

