

AQUA PE/HEALTH REQUIREMENTS

AQUA PE

Aqua students in 9th-12th grade must complete and log **1200 minutes** of approved PE activity for the 2019-2020 school year. Students have all year (Sept. 2019 – June 5th, 2020) to complete the 1200 minutes.

- How to fulfill PE requirement:
 - Visit the fitness room after AQUA each morning between 10:00am - 10:25am
 - Speak to your counselor at the beginning of the year to see if you have a free period in your schedule to take a PE class
 - Attend Ms. Mayeran's Yoga class after school on (most) Thursdays from 2:15pm-3:30pm - class runs until April
 - Come to school early and attend a PE class on a day that ...
 - Bridgeport Schools have off but Fairfield schools are in still in session (Oct. 14th, 2019, Jan. 6th 2020, and Feb. 18th, 2020)
 - Bridgeport Schools are closed for a snow day but Fairfield schools are open

Questions about PE?

Contact Mike Abraham: mabraham@fairfieldschools.org

AQUA Health

All AQUA students are responsible for completing one quarter of Health (with the exception of freshman) within the grade level assigned marking period:

- **Freshman – 1st & 2nd marking period**
- **Sophomores – 4th marking period**
- **Juniors – 3rd marking period**
- **Seniors – 4th marking period**

Students need to connect to Google Classroom and complete weekly assignments during the above marking periods.

Questions about Health?

Contact Bridget Toothaker: btoothaker@fairfieldschools.org