

# AQUA PE/HEALTH REQUIREMENTS

## AQUA PE

Aqua students in 9th-12th grade must complete and log **1200 minutes** of approved PE activity for the 2020-2021 school year. Students have all year (Sept. 2020 – June 4th, 2021) 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
  - Google Classroom submissions: video recording of your physical activity or other picture proof of the duration of your physical activity (fitness apps/smart watch/exercise bike/etc)
  - 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. 12th, 2020 and Jan. 6th 2021)
    - Bridgeport Schools are closed for a snow day but Fairfield schools are open

Questions about PE?

Contact Kenya McVey : [kmcvey@fairfieldschools.org](mailto:kmcvey@fairfieldschools.org)

## AQUA Health

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

- Freshman – 1st & 2nd marking period
- Sophomores – 3rd & 4th marking period
- Juniors – 4th marking period
- Seniors – 2nd 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](mailto:btoothaker@fairfieldschools.org)