

Weekly Routine Information

At the beginning of each week, I will post your assignments in Google Classroom. All class assignments will be turned in digitally through Google Classroom and grades will be updated in Aeries.

Mr. Capps - Week 1 overview/schedule

Class	Beginning of Class	Synchronous Instruction	Asynchronous Instructions	End of Class
Modified P.E.	Roll call/Static & Dynamic Stretch	Body Weight routine	Intro to Yoga Video	Cool Down Reminders
PE 9	Roll call/Static & Dynamic Stretch	Body Weight routine	Intro to Yoga Video	Cool Down Reminders
Athletic P.E. Girls Golf	Roll call/Static & Dynamic Stretch	Body Weight routine	Body Weight HIIT Workout	Cool Down Reminders