

## Daily Themes

Monday – Conditioning & Run Challenge

Tuesday – Tag + Tabata Fitness & Skills

Wednesday – Workout of the Day!

Thursday – Agility + Sports & Games

Friday – Footie Friday + Choice



## Resources

- Class Website – [cormanr.weebly.com](http://cormanr.weebly.com)
- School website – <https://platoacademy.net/charter-schools/largo/>
- Kids Health - <https://kidshealth.org/>
- Online PE Network (OPEN) – <https://openphysed.org/>
- Plato PE - YouTube – <https://www.youtube.com/channel/UC-SvpfqADh7GmPiXAH2ejUQ>

## AM Schedule:

5<sup>th</sup> Grade – 9:10-9:40

4<sup>th</sup> Grade – 9:40-10:10

3<sup>rd</sup> Grade – 10:20-10:50

2<sup>nd</sup> Grade – 10:50-11:20

1<sup>st</sup> Grade – 11:40-12:10

## PLATO PE @ LARGO

**Boys Head Coach – Robert Corman – [cormanr@platoacademy.net](mailto:cormanr@platoacademy.net)**

**Ladies Head Coach – Jeanna Jimenez - [jimenezbonillaj@platoacademy.net](mailto:jimenezbonillaj@platoacademy.net)**

**Assistant Coach – Tom Bianchi – [bianchit@platoacademy.net](mailto:bianchit@platoacademy.net)**

## PM Schedule:

Kinder – 12:10-12:40

7<sup>th</sup> Grade – 12:34-1:24

6<sup>th</sup> Grade – 1:27-2:17

8<sup>th</sup> Grade – 2:20-3:10

## PE Guidelines

1. Have a growth mindset
2. Respect each other & the equipment
3. Be a team player and cooperate
4. Give your best effort
5. Demonstrate integrity

## Class Rules

1. Listen to the Coaches
2. Be in proper uniform with shoes tied!
3. Keep communication positive, without the use of foul language
4. Keep your hands to yourself
5. Leave all personal items, including phones, in your bag

## Class Procedures

- Line-up – Arrival to field with class
- Coach's Daily Announcements
- Complete Warmup
- Seating & attendance
- WORK - i.e. games, workouts, challenges
- Cool-down time
- Line-up with class for dismissal