



SELA Elementary

Physical Education Schedule 2022-2023

SELA Elementary students have a Physical Education class 1 or 2 days per week. On their P.E. days, students are required to wear their P.E. uniforms. P.E. uniforms should only be worn on these days and on specified dress down days. Students should come to school wearing their P.E. uniform, as they wear it all day and do not change uniforms during the day.

SELA has the following schedule for physical Education Classes:

Kindergarten: Tuesdays & Thursdays

Grade 1: Mondays & Wednesdays

Grade 2A: Fridays

Grade 2B: Mondays

Grade 3: Fridays

Grade 4: Mondays