**Teacher:** Coach Waye

**Course:** PE

**Contact Information:** wayeje@boe.richmond.k12.ga.us

**Student Directions:** Students will create a fitness log. Students will perform 10 different exercise for their fitness log for Tuesday. Each student will turn in or email me their fitness log.

**Agenda**

|  |  |
| --- | --- |
| **Day** | **Assignment** |
| Tuesday  October 12, 2021 | If you have access to **Canvas**, please complete:  Students will complete their fitness log.  If you **do not** have access to Canvas, please complete:  Students will complete their fitness log. |