

RMS Healthful Living Rotational Calendar

2023-2024

Weeks	Brennan	Brodnick	Robison	Hayes	Niebaum
Quarter 1	Quarter 1	Quarter 1	Quarter 1	Quarter 1	Quarter 1
July 11 th - July 28 th Tr. 4 -Out	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE
July 31 st - August 18 th Tr. 3 -Out	Health Room 1305 NPA	PE/Fitness	PE/Fitness	Fitness/PE	Fitness/PE
August 21 st - Sept. 8 th All tracked in	Fitness/PE	Health Room 1307 NPA	Health Room 1305 NPA	PE/Fitness	PE/Fitness
Sept. 11 th - Sept. 29 th Tr. 1-Out	PE/Fitness	Fitness/PE	Fitness/PE	Health Room 1305 NPA	Health Room 1307 NPA

Quarter 2	Quarter 2	Quarter 2	Quarter 2	Quarter 2	Quarter 2
Oct. 2 nd - Oct. 20 th Tr. 4- Out	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE
Oct. 23 rd - Nov. 13 th Tr. 3-Out	Health Room 1305 PCH	PE/Fitness	PE/Fitness	Fitness/PE	Fitness/PE
Nov. 13 th - Dec. 1 st All tracked in	Fitness/PE	Health Room 1307 PCH	Health Room 1305 PCH	PE/Fitness	PE/Fitness
Dec. 4 th - Dec. 21 st Tr. 1 - Out	PE/Fitness	Fitness/PE	Fitness/PE	Health Room 1305 PCH	Health Room 1307 PCH

Quarter 3	Quarter 3	Quarter 3	Quarter 3	Quarter 3	Quarter 3
Jan. 3 rd - Jan. 24 th Tr. 4- Out	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE
Jan. 25 th - Feb. 14 th Tr. 3- Out	Health Room 1305 RHS/ICR/MEH	PE/Fitness	PE/Fitness	Fitness/PE	Fitness/PE
Feb. 15 th - Mar. 8 th All tracked in	Fitness/PE	Health Room 1307 RHS/ICR/MEH	Health Room 1305 RHS/ICR/MEH	PE/Fitness	PE/Fitness
Mar. 11 th -Mar. 28 th Tr. 1- Out	PE/Fitness	Fitness/PE	Fitness/PE	Health Room 1305 RHS/ICR/MEH	Health Room 1307 RHS/ICR/MEH

Quarter 4	Quarter 4	Quarter 4	Quarter 4	Quarter 4	Quarter 4
Apr. 1 st -Apr. 19 th Tr. 4-Out	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE	Fitness/PE
Apr. 22 nd - May 13 th Tr. 3-Out	Health Room 1305 MEH/ATOD	PE/Fitness	PE/Fitness	Fitness/PE	Fitness/PE
May 14 th -June 5 th All Classes In	Fitness/PE	Health Room 1307 MEH/ATOD	Health Room 1305 MEH/ATOD	PE/Fitness	PE/Fitness
June 6 th - June 26 th Tr. 1 Out	PE/Fitness	Fitness/PE	Fitness/PE	Health Room 1305 MEH/ATOD	Health Room 1307 MEH/ATOD

All students should have sneakers for PE/Fitness each day, as well as wear appropriate athletic clothing to participate fully in class. You should be prepared for Inside/Outside Activity each day in PE/Fitness.

Health Weeks - Make sure you have your laptop computer, binder/notebook paper, pencil/pen, and other markers/items you may need for class. You will report directly to the health rooms during those classes.

