

WELCOME Health & PE

Let's Go Eagles!



GET TO KNOW YOUR TEACHERS!

8th GRADE

Mrs. Kenny

Mr. Piddington

Mr. Ehrsam

Ms. McKendree



GET TO KNOW YOUR TEACHERS!

7th GRADE

Mrs. Sanborn

Mr. Long

Mr. Warren

Ms. McKendree



EXPECTATIONS

1. **Tardy:** Be in the gym by the bell
2. **Behavior:** Keep your hands to yourself and respect classmates and teachers
3. **Uniform:** Dress in your PE uniform (grey shirt w/name, blue shorts) and tennis shoes for class
4. **Participate:** Give your best effort daily and come to have fun!



Locker Rooms and Dressing Out!

You will be assigned a **PE LOCKER**

We will be dressing out in uniform. TMS uniforms can be purchased through MYSCHOOLBUCKS.

You **MUST** wear tennis shoes for class. **NO CROCS**, even if they're in "sports mode"

What to keep in your locker?

Athletics clothes

Tennis shoes

Cell phones

Wallets

Deodorant (STICK, absolutely **NO SPRAY**)



Illness and Notes

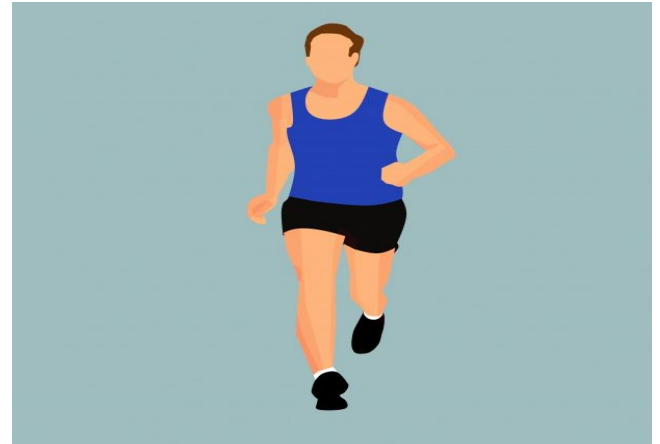
1-3 days : Your parents can write you a note to excuse you from class. Please indicate what you can or can't do during activity time. We want you to remain as active as possible.

Long Term Illness: You will need a physician referral form filled out and on file. You will access Schoology for your asynchronous lessons. You will be required to complete at least two assignments per week for grading. You can choose which assignments you wish to complete in the asynchronous folder.



GRADING

- You will be graded weekly on Warm up, Fitness, and PE/Health Units.
- We will be grading on skills and game play for each PE Unit
- We have multiple Health Units and graded on quizzes, projects or worksheets.



Health and OPTED OUT FORMS

OPTED OUT Health Units Include:

Social and Emotional Health

Human Growth and Development

**** All opt out requests need to be completed in the [Parent Digital Consent System](#). If you are having difficulty accessing the system you may communicate directly with your assigned teacher.

We MUST have these forms filled out ONLY if you are NOT taking the course. There will be a FLE PREVIEW NIGHT later in the year.

Welnet/ Va Wellness

Va Wellness:

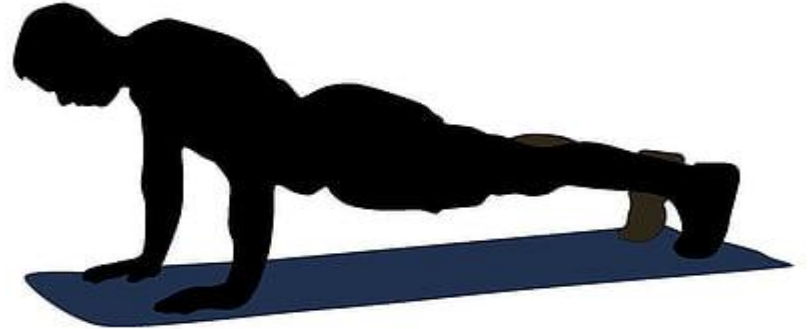
Pacer, Cadence Curl ups/Push Ups, trunk Lift, should stretch.

We will test one round.

WELNET:

Step Up, Plank, Balance, Stretch Test

We will test two rounds.



FUN

Health & PE should be **FUN!!!!**
We want you to come to the gyms each day excited to be there, make new friends and learn why it's important to move your body each day. PE is for **EVERYONE** and we are glad you are here! It's going to be a great year!!!!!!



let's
have
some
FUN!