

# WELCOME Health & PE

MAKE THIS  
A  
GREAT YEAR!!!!



# 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 everyone in the gym
3. **Agendas:** Must have them in the gym/backpacks each class
4. **Uniform:** Dress in your PE uniform (grey shirt w/name, blue shorts) and tennis shoes for class



# 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.

**Schoology 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.



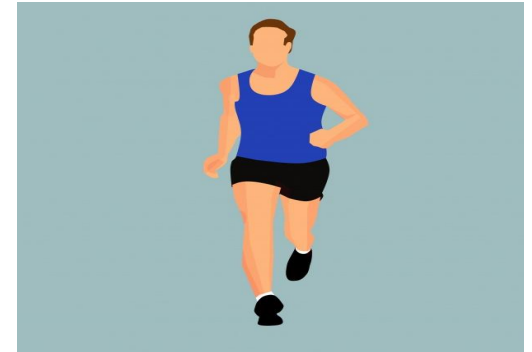
# GRADING

- We will have about 9 grades per quarter.
- We will grade you on Warm up, Fitness Logs and PE/Health Units.
- We will be teaching Health 1,2 and 3 quarter. Grades can come from quizzes, projects or worksheets.

**Fitness Logs:** The days you **DO NOT** have **PE**, you are required to be active at home and log the activity in a fitness log.

## Possible activities include:

Walking, running, biking, sports practices etc.



# Health and OPTED OUT FORMS

## OPTED OUT Health Units Include:

Social and Emotional Health

Human Growth and Development

\*\*\*\* These forms can be found on the FCPS Website or the front office. You can also find thee forms on Schoology.. 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:

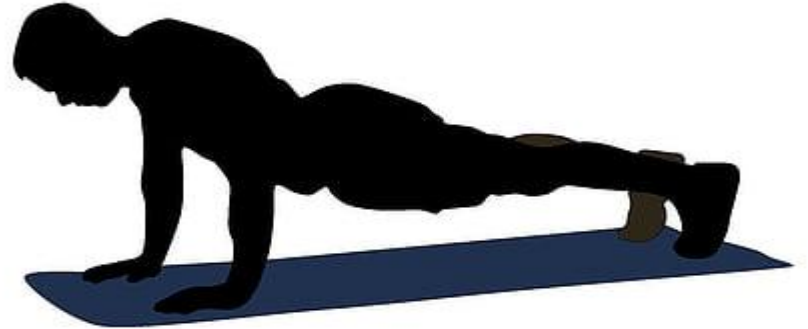
Pacer, Cadence Curl ups/Push Ups, trunk Lift, should stretch.

We will test one round.

## WELNET:

Step Up, Plank, Balance, Stretch Test

We will test two rounds.



## Away for the day

Absolutely **NO** cell phone use in the gyms or the locker rooms. We will not bend on this rule. Please make sure you are locking up all your important personal belongings in your hall locker or your PE locker.



# 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  
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