



# PHYSICAL EDUCATION

## HEALTH

### **Sixth Grade PE/Health**

For the month of September, our 6th grade students will be participating in a variety of activities. The students will participate in outdoor activities including fitness testing, CanJam and soccer. The 6th grade students will also be using our Cardio Room this month. While in the Cardio Room, the students will get their heart rates up as we train with different machines and workouts. For our Health Unit, we will explore Personal Health and Wellness. Mr. Ayers will be in Health Sept. 16-20th Mrs. Meador will be in Health Sept. 23-27th.

### **Seventh Grade PE/Health**

For the month of September, our 7th grade students will be participating in a variety of activities. The students will participate in fitness testing, softball and soccer tournament. We will move from those activities to our Health and Cardio units. While in the Cardio room, the students will get their heart rates up as we train with different machines and workouts. For our Health Unit, we will explore Personal Health and Wellness. Mr. Ghasadi will be in the Health room Sept. 9-13th, and Mr. Davis will be in Health Sept. 2-6th.

### **Eighth Grade PE/Health**

For the month of September, our 8th grade students will participate in fitness testing and soccer. Our 8th graders will also be in the Cardio Room and Fitness Room. They will continue to perform a variety of workouts that will help build muscular and cardiovascular endurance. Health will continue the month of October for the 8th grade students.