



PHYSICAL EDUCATION

HEALTH

Sixth Grade PE/Health

For the months of December and January, our sixth grade students will be participating in a variety of activities. The students will participate in Net Activities, Basketball, Fitness Testing and Volleyball. The sixth grade students will also be using our Cardio Room. 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 Nutrition. Mr. Ayer's classes will be in Health December 16-20. Mrs. Meador's classes will be in Health January 6-10.

Seventh Grade PE/Health

For the months of December and January, our seventh grade students will be participating in a variety of activities. The students will participate in Net Activities, Basketball Fitness Testing and Volleyball. 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 Nutrition. Mr. Davis' classes will be in Health December 2-6. Mr. Ghasedi's classes will be in Health December 9-13.

Eighth Grade PE/Health

For the months of December and January, our eighth grade students will participate in Net Activities, Basketball, Fitness Testing and Volleyball. Our eighth 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. For our Health Unit, we will explore Substance Education. Mr. Hardy's classes will be in Health January 13-17. Ms. Hesemann's classes will be in Health January 20-24.