



PHYSICAL EDUCATION

HEALTH

Sixth Grade PE/Health

For the month of November, our sixth grade students will be participating in a variety of activities. The students will participate in Gatorball, Capture the Flag, and Kan Jam. The sixth 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 continue with Personal Health and Wellness. Mr. Ayers will be in Health October 28 – November 1. Mrs. Meador will be in Health November 4 -8.

Seventh Grade PE/Health

For the month of November, our seventh grade students will be participating in a variety of activities. If we are inside, the students will participate in net activities. If our students are able to get outside, they will participate in frisbee golf and golf. 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. 7th Grade will have any Health classes in the month of November.

Eighth Grade PE/Health

For the month of November, our eighth grade students will participate in net activities and fitness testing. 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 explore Personal Health and Wellness. Mr. Hardy will be in Health November 11 – 15 and Mrs. Hesemann will be in Health November 18 – 22.