



PHYSICAL EDUCATION

HEALTH

Sixth Grade PE/Health

For the month of May, our sixth grade students will be participating in a variety of activities. The students will revisit games/activities that they enjoyed throughout the year. 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.

Seventh Grade PE/Health

For the month of May, our seventh grade students will be participating in a variety of activities. The students will revisit games/activities that they enjoyed throughout the year. 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.

Eighth Grade PE/Health

For the month of May, our eighth grade students will revisit games/activities that they enjoyed throughout the year. 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.