



# 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 scooter activities, gatorball, and fitness testing. 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. All sixth grade students will be in Health from November 7-9, and November 12-16. For our Health unit, we will explore Personal Health and Wellness.

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

For the month of November, our seventh grade students will be participating in a variety of activities. The students will participate in gatorball, Lacrosse, and hockey. 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. Mr. Davis will be in the Health Room October 29-November 2. Ms Maul's classes will not be in Health during November. For our Health Unit, we will explore Personal Health and Wellness.

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

For the month of November, our eighth grade students will participate in gatorball, 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. All eighth grade students will be in health November 26 - November 30. For our Health unit, we will explore Nutrition.