



Physical Education and Comprehensive Health Education Syllabus 2019-2020

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Physical Education (PE)

Middle school physical education instruction focuses on standards-based content that has been categorized into three measurement topics: health-related fitness, movement skills and concepts, and personal and social responsibility.

PE Units of Study

Net/Wall Games	<i>Activities may include badminton, pickle ball, table tennis, tennis, volleyball</i>
Invasion Games	<i>Activities may include basketball, field hockey, hockey (floor/street), football (flag/touch), lacrosse, rugby, soccer, speedball, team handball, ultimate</i>
Striking/Fielding Games	<i>Activities may include cricket, softball</i>
Target Games	<i>Activities may include archery, bocce, bowling, croquet, Frisbee golf, golf, horseshoes</i>
Personal Fitness	<i>Activities may include cross country, gymnastics and tumbling, resistance training/functional fitness, track and field, wrestling</i>

PE Dress Policy

In order to physically participate in class, students must change out of their school clothes and be dressed appropriately.

- Any color crewneck t-shirt or sweatshirt (No V-necks, collared shirts)
- Shorts, Sweatpants, or Leggings/Tights (No Jeans or Khakis)
- Sneakers (No sandals/slides or boots)

Students may bring these items from home to wear for class **OR** may purchase Loiederman Physical Education spirit wear.

Purchasing spirit wear from the school is not mandatory.

Chromebook &

Cellphone/Headphones Policy

Chromebooks must be locked in PE locker unless instructed by their teacher.

Cell phones and headphones are not permitted in class.

If PE staff sees a phone in class, **IT WILL BE CONFISCATED & NOT RETURNED UNTIL THE END OF THE DAY.**

Comprehensive Health Education

Health education instruction in middle school is designed to help students develop personal and social skills and positive attitudes about health that will help guide them through their formative years to adulthood.

Health Education Units

Grade 6	Mental and Emotional Health Alcohol, Tobacco and Other Drugs Safety and Injury Prevention Personal and Consumer Health
Grade 7	Mental and Emotional Health Alcohol, Tobacco and Other Drugs Personal and Consumer Health Family Life and Human Sexuality Disease Prevention and Control
Grade 8	Alcohol, Tobacco and Other Drugs Personal and Consumer Health Nutrition and Fitness Safety and Injury Prevention Family Life and Human Sexuality

PE and Health Grade Policy

All Tasks – 90%

Homework/Practice – 10%

Materials

Paper

Pens/Pencils

A section for Physical Education/Health within your binder.