

Cabin John Middle School Physical Education/Health

Fit is not a
destination,
but a way of
life!



Cabin John Physical Education/Health

Middle School PE/Health

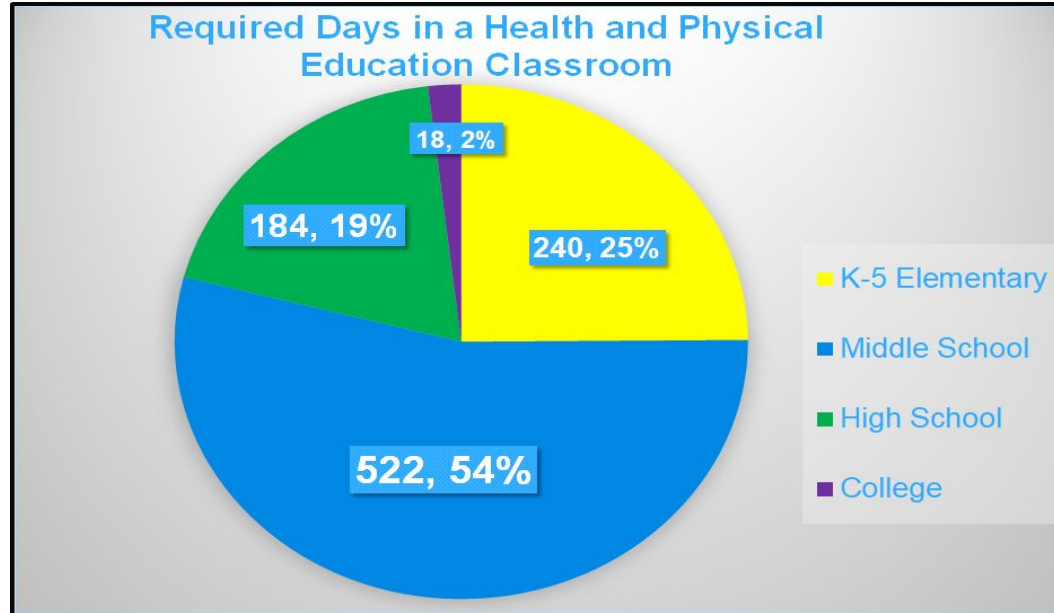
- Have everyday, 46 minutes
- Report to locker room
- Change clothes
- 3 Quarters PE, 1 Quarter Health

Elementary School PE

- Once a week; 50-60 minutes
- No locker room
- No requirement to change except shoes

Physical Education

“Our job is to get students to move, enjoy moving, the ability to move, and the desire to move and make healthy choices.”



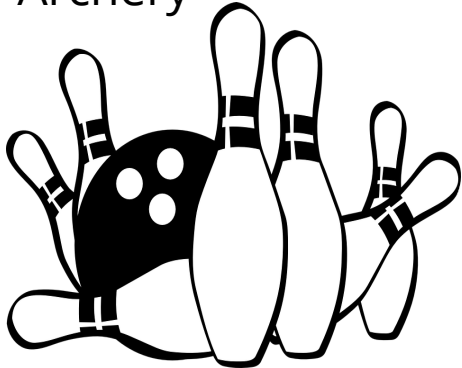
Team Sports and Activities

- Handball
- Flag Football
- Street Hockey
- Basketball
- Rugby
- Soccer
- Volleyball
- Ultimate Frisbee
- Softball
- Lacrosse



Individual/Dual Sports

- Adventure Games/Rock Climbing
- Badminton
- Gymnastics
- Pickleball
- Tennis
- Archery
- Cross Country
- Dance
- Golf
- Bowling
- Health Related Fitness Activities
- Personal Fitness
- Weight Training



Health Education

General Information

- Nine Week Health Instruction
- 6-8 State Mandated
- MCPS Approved Curriculum

Units

- Nutrition and Fitness (8)
- Safety, First Aid, and Injury Prevention (6 & 8)
- Mental Health (6 & 7)
- Personal and Consumer Health (6,7 & 8)
- Tobacco, Alcohol, and Other Drugs (6,7, & 8)
- Family Life and Human Sexuality (7 & 8)
- Disease Prevention and Control (7)

Computational Learning and Fine Arts Requirement

- **COMAR** requires that all middle school students take at least one class in “computational learning” (**CODING**) and one in “fine arts” (**ART or MUSIC**) by the end of 8th grade
- One marking period and receive a grade
- **May** be possible to get it in an after school or summer program
- We will monitor and work with students to create more opportunities in 7th and 8th grade, if they don't already have it.

Art/Music Electives Offered at Cabin John MS

- 6th Grade Electives Rotation: A year of exploration, nine weeks at a time!
- Intermediate Chorus
- Upper Level Chorus (with audition only)
- Beginning Band for students with no prior experience!
- Middle School Band (Intermediate)
- Middle School Band (Advanced)
- Beginning Strings for students with no prior experience!
- Middle School Orchestra (Intermediate)
- Middle School Orchestra (Advanced)



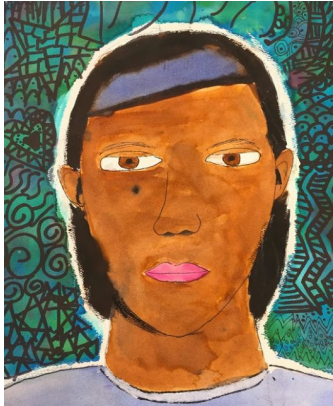
The 6th Grade Electives Rotation



- In the 6th grade Elective Rotation, students take four different courses each lasting nine weeks (one quarter).
- The Elective Rotation gives students an opportunity to explore a variety of electives while broadening their interests and skills.
- **Will** satisfy the computational learning and fine arts requirement.

Elective Rotation: Visual Arts

In Middle School Art 1, students explore many forms of art including design, drawing, painting, sculpture, and more!



Elective Rotation:Computer Applications

- Students gain knowledge and skills using a variety of computer applications and multimedia tools.
- Students use the computer technology knowledge they acquire to create a project.
- Programming concepts are applied to the development of games and educational simulations.



Elective Rotation: General Music

- In this class, students will acquire basic knowledge to appreciate music!
- Units in the quarter include: music notation, instrumental families, various music styles, music genre, and guitar.



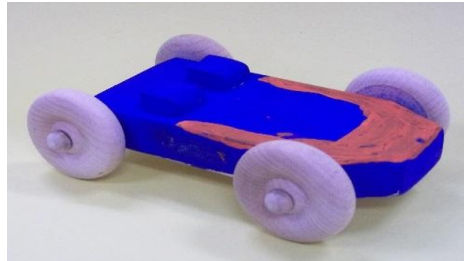
Elective Rotation: Fitness for Life

- Students will have opportunities to:
 - participate in a program designed for those who enjoy physical activity and wish to increase their muscular strength, cardiovascular levels, and overall fitness. This course is designed to encourage a healthy attitude toward lifelong fitness.
 - Nutrition, diet, and principles of fitness training will be used to help students develop their personalized fitness program.



Elective Rotation: IMAGINEERING

- Students discover how and why people invent products and processes.
- Thinking, imagining, creating, and inventing are experiences students will use to develop creative solutions to solve problems.
- Students work individually and in collaborative teams.
- Students use technology resources, tools, science, math and other subjects during the inventive process.



CHORUS

Intermediate / Upper Level



BAND

Beginning / Intermediate / Concert / Advanced



ORCHESTRA

Beginning / Intermediate / Advanced

