

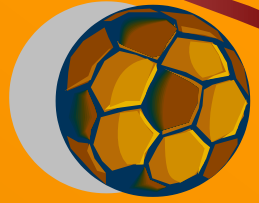
Physical Education

And Health



◆ The ultimate goal of the Physical Education program is to teach students the importance of physical activity and maintaining lifelong fitness.





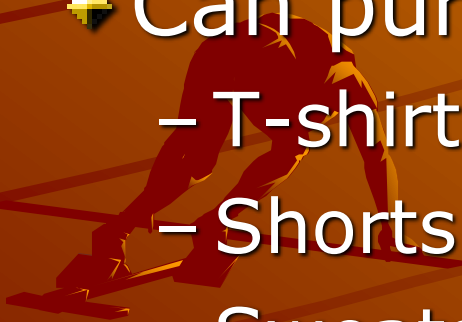
Physical Education

- ✦ All Students have three quarters of Physical Education and one quarter of health
- ✦ Physical Education units are three weeks long.
- ✦ Students work on fitness concepts, skill progression, understanding game strategy, and working as a team
- ✦ Students have grades on fitness concepts, skills, game tactics, and a written test at the end of each unit.
- ✦ Students are required to have a complete change of clothes for class. Students are graded based on unit objectives.



Clothes

- ◆ White or gray t-shirt
- ◆ Blue or black shorts
 - Any color sweatpants or sweatshirt
- ◆ Can purchase from GMS
 - T-shirt: \$12.00
 - Shorts: \$13.00
 - Sweatshirt (hood): \$23.00
 - Sweatpants: \$20.00



Health

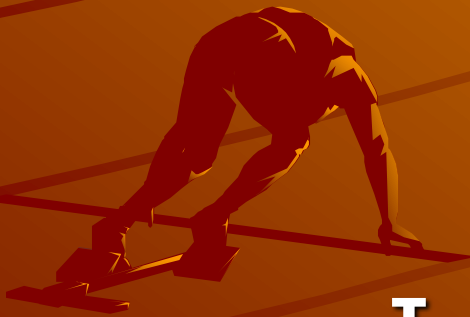
◆ Units for Health include

- Mental health
- Tobacco, Alcohol, and other Drugs
- Personal and Consumer Health
- Nutrition and Fitness
- Safety and Injury Prevention
- Family Life and Human Sexuality
- Disease Prevention and Control



Arts

- Arts Rotation
- Choral Music
- Instrumental Music



Rotation

- ◆ Arts students rotate each quarter
- ◆ Students will receive four classes:
 - **Keyboarding**– Basic Typing skills
 - **Art** – Basics of art- sculpting, drawing, printing, painting. With Mr. Cuff.
 - **Music** – Instruments of the world
 - **Creative Writing**



Instrumental Music with Ms. Ehrenspeck!!

- ◆ Full Year: Band/ Orchestra
- ◆ Open to everyone: new and experienced.
- ◆ Limited supply of school instruments
- ◆ Concerts are mandatory.



Choral with Mrs. Eisenbarth

- ◆ Full year course
- ◆ Concerts are mandatory
- ◆ New and experienced



