

Health and Physical Education Overview

Teacher Teams

Mrs. Cox	Dr. Morocco	Ms. Thomas
Mr. Newman	Mr. Perdue	Mr. Ruff
	Ms. Perry	

PE Uniform Costs

Uniforms are adult sizes

S-XXL

T-Shirt.....	\$3
Shorts	\$6
Long Shorts.....	\$8

Physical Education Activities

Activities are offered at different times during the year by the teachers in order to utilize field and gym space.

Major Activities

Basketball
 Conditioning/Fitness
 Dance/Rhythmic Activities
 Field Hockey/Floor Hockey
 Flag Football
 Golf Team
 Soccer
 Tennis
 Volleyball
 Weight Training

Other activities frequently included

Archery
 Badminton
 Cooperative Games
 Circuits
 Rock Wall
 Styxball
 Handball
 Softball
 Ultimate Frisbee®

Health Topics by Quarter:

Grading Period	Grade 6	Grade 7	Grade 8
1 st	Personal Health	Personal Health Safety and Injury Prevention	Personal Health Safety and Injury Prevention
2 nd	Growth and Development Nutrition	Nutrition	Diseases and Disorders
3 rd	Diseases and Disorders Safety and Injury Prevention	Growth and Development Social and Emotional Health Class Action-Gang Prevention	Diseases and Disorders
4 th	Substance Abuse and Drug Prevention Family Life Education	Substance Abuse and Drug Prevention Family Life Education	Consumer and community Health Substance Abuse and Drug Prevention