



It has been an exhilarating beginning to our school year here in Physical Education Class. Our goals for the Physical Education Program are to; access prior knowledge related to individual and team sports. Develop the individual talents and interests of the students. Promote the importance of safety of self and others, emphasis on personal decision making, and the concept of wellness will be integrated throughout the curriculum. Create positive social, emotional, and interpersonal skills with the emphasis to instill behaviors that will result in participation in a lifetime of healthy physical and social behavior.



It is extremely important for us to create a positive culture and climate in all of our classes so the students have participated in numerous cooperative games, Students have had the opportunity to work with other students' they may not know to problem solve and work together to come to a common solution. Respect, communication, playing with integrity, and lifting others up became a common theme in these cooperative games that the students have been able to transfer into our other units as well into other aspects of their school day.



Students' had the opportunity to run, jog, or walk our half mile cross country course for our long standing tradition of the Jug Run. Students' were instructed on how a cross country meet would run. Walking the first day to learn the course and its different terrain and route. Second day was to run, jog, or walk for a personal best time and the third day classes ran as teams and used math skills to add up their team's total score determined by the places each teammate finished in. The team with the lowest score would ultimately win the race.



The Unit of Orienteering allowed us to be outside and utilize the beautiful weather. Students' used a flat map of the campus with a compass rose. Students' had to use their map reading skills to identify 20 controls that they could walk, jog or run to locate. Orienteering is a student centered unit that allowed students' to work individually or with a partner or in a group to locate the points on the map. Students' wore pedometers to track how many steps they took and calculate their total steps into miles moved. Later on in the year students' will be using their pedometer steps to create a chart using the Microsoft excel program where they can analyze and draw conclusions on the powerful affect pedometers can have on ones motivation and participation levels.

Twice a year students' will be assessed through the FITNESSGRAM assessment. The four components of fitness that will be assessed are cardiovascular endurance, flexibility, muscular strength and muscular endurance. We have been incorporating the four components of fitness into each unit thus far and throughout the year. Students' have already completed the first round of assessments of the FITNESSGRAM and will be assessed and again in the spring. Towards the end of the year students' will have the opportunity to plug their FITNESSGRAM scores into the FITNESSGRAM software and each student will get a printout as to where they fall in the healthy fitness category and what each individual can do to either maintain or help improve their components of their fitness profile.



Important dates to mark your calendar, Girls and any student in a single teacher taught class will be starting the swimming unit November 4- November 24, boys will be participating in archery during these dates. After the Thanksgiving holiday starting Monday December 1-December 18, boys will be swimming and girls and any single teacher taught class will be participating in archery. The first day of swimming will be an out of water orientation; students' will receive a form to take home that will have all the information needed for our swim unit. We are very fortunate to be able to use the wonderful facilities in the high school and we are very proud of our swimming unit that has a lot of focus on water safety.

We are looking forward to a great rest of the year!

Ms. Spiro, Mrs. Snover, Mr. Taylor, and Mr. Lambiase

