

# PHYSICAL EDUCATION

## **What is the day in the life of a middle school student in PE and Health like?**

Students will dress in and out of their PE uniform. On Mondays, Wednesdays and Fridays, students will participate in a sport, activity or game. On the student's block days (either Tuesdays or Thursdays), students will have 45 minutes of PE and 45 minutes of Health. This means that students will participate in PE four times a week and Health once a week.

## **What do we learn in middle school PE and Health?**

Physical Education is an important part of the total educational program. Students participate in physical activities that allow them to develop an understanding of the physical abilities of themselves and others. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged. All students have the need and right to enjoy the benefits of physical activity. Through a creative and well-rounded Physical Education Program, students will benefit.

Health is designed to promote student learning with regard to health issues that affects their immediate and long-term health. Maintaining a healthy way of living requires a balance of physical, mental-emotional, and social well being. Health education provides students with knowledge of skills necessary to confront health related issues and make a smooth transition from puberty to adolescence.

## **What are the special learning celebrations in middle school PE and Health?**

Students are expected to follow all class rules and may be rewarded on their block days. Students are permitted to pick the daily PE activity for a job well done.

## **What field trips/special activities happen in middle school PE and Health?**

Students have the opportunity to participate in Field Day, a Halloween dance and multiple other activities to facilitate in a well-balanced lifestyle.

**What critical thinking skills do we learn in middle school PE and Health?  
How do we learn them?**

PE and Health afford many daily opportunities to incorporate critical thinking skills into practice. This is evident from the beginning of class wherein students are expected to behave accordingly and to determine the best course of action to take while in the locker rooms. These skills continue throughout the lessons allowing for personalized instruction.

**How we differentiate instruction in middle school PE and Health?**

A Health Project is assigned each trimester. Although the final results of the project are the same, the way in which the student completes the project is a personal choice. Students can build, draw, write or create the project that best suits their learning style.

Additionally, students are not graded according to their peers in PE. They are graded according to improvement in their own physical abilities, effort and the ability to follow all the class rules and procedures.

**How do we develop character and social skills in middle school PE and Health?**

PE is not only about being physically prepared but is also to integrate social skills for each student. Students will be in different groups for each activity and are encouraged to interact with one another. Not only does this create a more pleasing environment, it allows for the understanding of differing opinions and cultures.

**How do we prepare middle school students for the next stage of their education?**

Students will be physically, mentally, emotionally and socially ready for the next stage of their development and education by the time they leave middle school. All the activities and instruction are designed to ensure a smooth transition for students.