**Northern Guilford Middle School Healthful Living Department**

Physical Education Department-

Coach Hall

Coach Kimrey

Coach McHenry

Please feel free to contact us

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| Welcome to Physical Education and Health at Northern Guilford Middle School.We are committed to creating a safe learning environment where students will grow in their skills, abilities, and knowledge about the importance of leading a healthy, active lifestyle.  **Program Goal:** When students leave the NGMS Physical Education program they will be equipped with the knowledge, skills, and abilities needed to make informed decisions that affect their mental, social, physical, and emotional well-being, allowing them to lead healthy, physically active lifestyle for the remainder of their life. |

Daily PE Grade

Each day you will earn a daily PE grade worth up to 20 points, totaling 100 points for the week.

4 pts Dress Out

1pt NGMS PE Shirt

1pt NGMS PE Shorts

1pt Athletic Shoes

1pt No jewelry

6 pts Warm Up Exercises

10 pts Participation in Daily Activity

\*Students who must miss class due to absences or doctor’s note will complete written work to replace their daily PE grade.

**Classroom Expectations**

S– Safety First: Be aware of your surroundings and demonstrate self-control

C– Cooperation: Always use kind and encouraging words and actions

O– On Task: Participate in all activities to the best of your ability and follow directions the first time given

R– Respect: Take pride in yourself, others, and the equipment

E– Expect Excellence: Always do your BEST!

**Consequences**

Warning

Time away from activity, conference with teacher, loss of points

Phone call to parent/guardian

Office Referral

**General Information and Procedures**

All students will be issued a combination lock and PE locker. Lost locks will incur a $5 charge

Students should not bring any valuable items into the locker room and should lock up their personal items while in class.

Students will have the option to participate in Family Life taught by Mrs. Cathy Hailey. A letter with information and dates will be sent home in November.

If a student cannot participate in PE class please send a written note or doctor’s note excusing their participation. Written work will be assigned to make up the days missed.

Flag Football

Modified Team Handball

Volleyball

Basketball

Badmitton

Aerobics/Dance

Soccer

Softball

Modified Hockey

Non-Traditional Games

Modified Team Handball

Non-traditional Games

Personal Fitness/Wellness

Lifetime Fitness Activities

and Activities

Health Units:

Building Self-esteem

Decision Making

Stress Management

Family Life

Nutrition

First Aid/ Safety ( eighth grade CPR certification)

Consumer Health