

INDEPENDENCE MIDDLE SCHOOL



PHYSICAL EDUCATION

P.E. Department

MR. ALLMAN

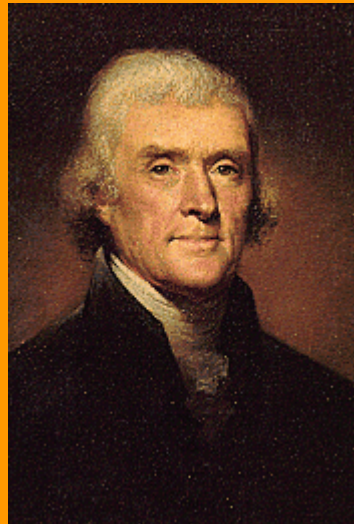
MRS. BRAHLER

MR. HOMER



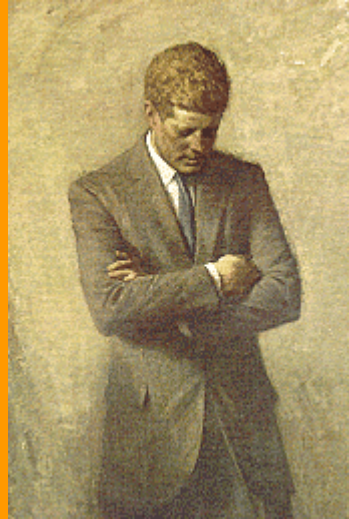
“Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.”

Thomas Jefferson



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy



According to the Surgeon General

“Overweight in children and adolescents is generally caused by lack of physical activity, unhealthy eating patterns, or a combination of the two.”

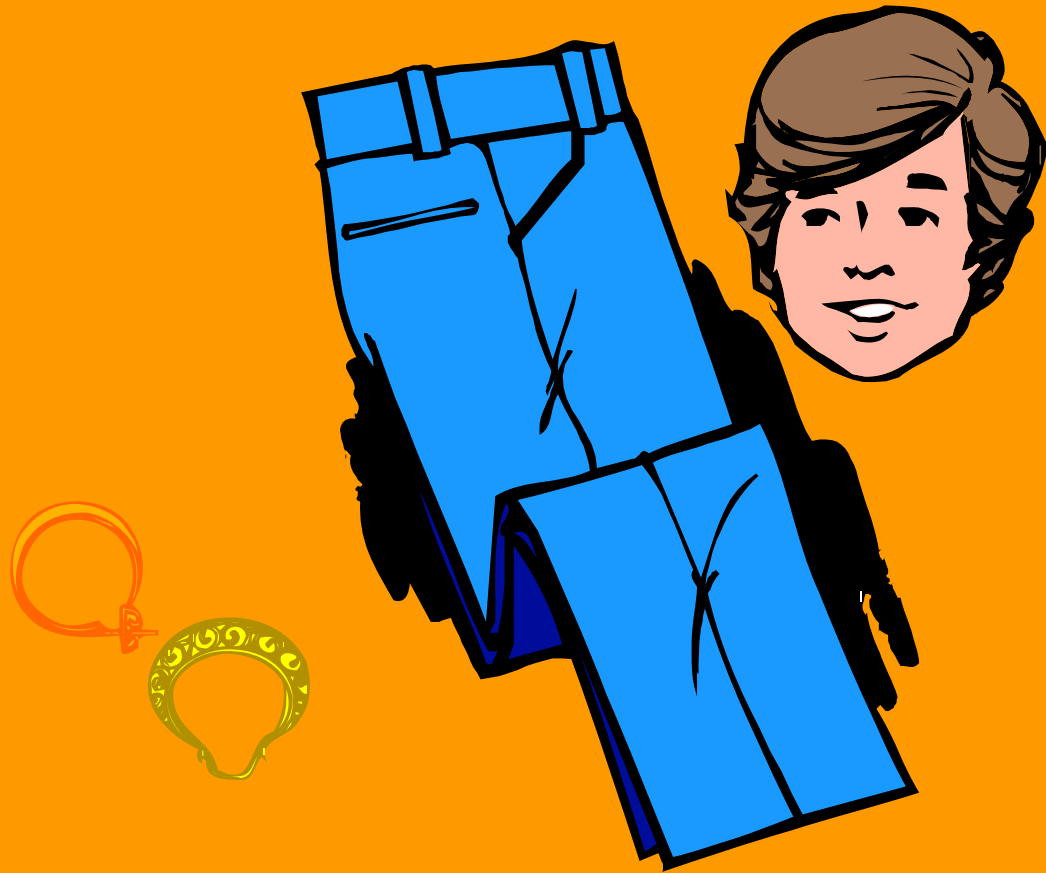
“The Surgeon General and CDC recommend that schools provide quality, daily, K-12 physical education classes taught by physical education specialists.”

Physical Activity...

- Promotes positive, lifelong healthy attitudes
- Improves strength, flexibility, and cardiovascular fitness
- Improves self-esteem and self-control
- Helps children establish and strive for achievable, personal goals

Appropriate Dress

- no jeans
- athletic shoes
- no tank tops
- no jewelry

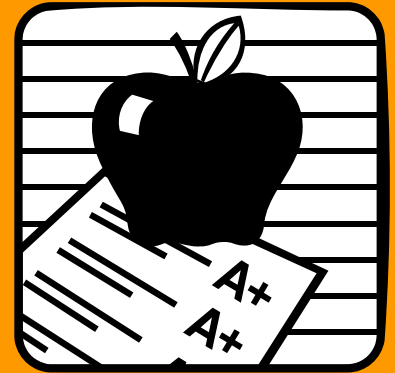


Locker Rooms

- Each student is assigned their own locker
- If a lock is used it must be a school lock
- Students have 5 minutes at the beginning of class and at the end to change

Grading

- Classes meet 2 times a week for the entire year
- Grades are given every 9 weeks
- Grades are based on class participation, skill tests, and written quizzes



Class Expectations

- Students are expected to participate in all class activities to the best of their ability
- Students must follow directions and handle equipment appropriately for the safety of others

Warm-up



- Every class starts with a warm-up
- This decreases the chance of injury and prepares the body for activity
- Students perform a 2 minute jog and a series of stretches

Units

- Units are based on a 2 year rotation
- Students will never participate in the same sport twice
- Fitness testing is performed every year according to the Presidential Fitness Guidelines

2007-2008 Units

- Softball
- Fitness Components
- Lacrosse
- Speedball
- Team Handball
- Table Tennis
- Floor Hockey
- Volleyball
- Fitness Circuits
- Presidential Fitness Testing
- Four Square



Thank You

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