

PARENT A GLANCE

Find out what your child is **learning** and how to **help**.



Subject	Adventure/Outdoor Challenge	Aerobics	Foundations of Personal Fitness (prerequisite)	Individual Sports	Team Sports
Ideas students are learning	Students will continue to learn about ways to participate in the outdoor recreational activities in a safe way.	Students will understand the importance of aerobic exercise & how this activity must be maintained throughout their lives.	Students will gain a deep understanding of how to assess their own fitness, how to improve and maintain fitness goals.	Students will learn that there are a variety of individual sports that they can participate in school as well as after school.	Students will learn that there are a variety of team sports with an emphasis on teamwork and fair play.
Skills	Students will develop a understanding of fitness principles as well as tools for	Students will use their heart rates while learning power walking to assess their fitness.	Students will learn how to use heart rate monitors, do appropriate warm-up & cool-down activities-for health and performance.	Students will work on their personal fitness and weight training.	Students will work on their personal fitness as learn the skills and games of volleyball & basketball.
Work and assignments to look for	Textbook reading assignments/study for tests.	Students will be asked to share with their families what they learn in PE & ask their families to do the activities with them.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.
Questions Parents Can Ask	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?
Special Notes	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.	How did you do on the health related fitness test and what can you be doing to improve your results?	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.