

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 learn that cooperation & fairness are integral to games, sport, play, & personal integrity.	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, develop a learning community that includes trust.	Students will learn how to assess their heart rates while learning "step aerobics" or power walking.	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 as well as badminton or another racket sport and weight training.	Students will work on their personal fitness as learn the skills and games of flag football and volleyball.
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	Describe some of the team challenge or cooperative activities you have participated in.	Do you think you might continue some of the activities you have learned later after school?	What are you doing in PE class that might improve your performance on the fitness test scheduled for October?	What are you doing in PE class that might improve your performance on the fitness test scheduled for October?	What are you doing in PE class that might improve your performance on the fitness test scheduled for October?
Special Notes	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.	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.