

PARENT A GLANCE

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



SUBJECT	Adventure/Outdoor Challenge	Aerobics	Foundations of Personal Fitness (this course is to be taken first)	Individual Sports	Team Sports
Ideas students are learning	Students will understand that cooperation and fairness are integral to games, sport, play, and personal integrity.	Students will learn and understand the importance of aerobic exercise and how this type of activity must be maintained throughout their lives.	Students will gain a deep understanding of how to assess their own fitness levels, how to improve and ultimately maintain their fitness level goals.	Students will learn that there are a variety of individual sports that they can participate in as teenagers as well as after they leave high school. Fair play and	Students will learn that there are a variety of team sports with an emphasis on the importance of teamwork and fair play.
Skills	Student will continue to work on survival skills, learn orienteering, and work on team building challenges.	Students will compete their "power walking" unit and begin rhythm activities.	Students will learn how to about body composition, nutrition and begin resistance training.	Student will continue to work on their skills in weight training as well as learn new ones in pickleball.	Student will continue to work on their skills in volleyball as well as learn new ones in basketball.
Work and assignments to look for			Students may be asked to keep a record of their nutrition intake.		
Questions Parents Can Ask	Ask if your student thinks using a compass has any real world application.	Ask your child to demonstrate some of the aerobic activities that they have learned, or liked, or didn't like.	Ask your child to demonstrate some of the activities that they have learned, or liked, or didn't like.	Ask your child to compare pickle ball to other racquet sports.	Ask your student if he or she feels that they will play basketball or volleyball when they are your age. Ask them to explain their rationale.
Special Notes	All students are to dress appropriately for PE classes; schools will have information on PE uniforms. All Students will be fitness tested at least once a year.	All students are to dress appropriately for PE classes; schools will have information on PE uniforms. All Students will be fitness tested at least once a year.	All students are to dress appropriately for PE classes; schools will have information on PE uniforms. All Students will be fitness tested at least once a year.	All students are to dress appropriately for PE classes; schools will have information on PE uniforms. All Students will be fitness tested at least once a year.	All students are to dress appropriately for PE classes; schools will have information on PE uniforms. All Students will be fitness tested at least once a year.