



Gaithersburg Middle School Physical Education and Health

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PHYSICAL EDUCATION (PE)

Middle school physical education instruction focuses on standards-based content that has been categorized into three measurement topics: health-related fitness, movement skills and concepts, and personal and social responsibility.

Physical Education Units of Study

Net/Wall Games	<i>Activities may include badminton, pickle ball, table tennis, tennis, volleyball</i>
Invasion Games	<i>Activities may include basketball, field hockey, hockey (floor/street), football (flag/touch), lacrosse, rugby, soccer, speedball, team handball, ultimate</i>
Striking/Fielding Games	<i>Activities may include cricket, softball</i>
Target Games	<i>Activities may include archery, bocce, bowling, corn hole, croquet, Frisbee golf, golf, horseshoes, Kan Jam</i>
Personal Fitness	<i>Activities may include cross country, gymnastics and tumbling, resistance training/functional fitness, swimming, track and field, wrestling</i>

Physical Education Materials

In order to physically participate in class, students must change out of their school clothes and be dressed appropriately.

- GREY crewneck t-shirt
- BLACK athletic shorts (longer than fingertips when arms are placed at sides)
- GREY hoodie/sweatshirt
- BLACK sweatpants
- Sneakers

Students may bring these items from home **OR** purchase a Gaithersburg physical education uniform.

Purchasing a uniform from the school is not mandatory.

Physical Education Uniform Cost

Gaithersburg PE uniforms may be purchased by check (payable to Gaithersburg MS), cash or [online](#).

T-Shirt	\$12.00
Shorts	\$15.00
Hoodie/Sweatshirt	\$23.00
Sweatpants	\$20.00
Bag	\$7.00

HEALTH EDUCATION

Health education instruction in middle school is designed to help students develop personal and social skills and positive attitudes about health that will help guide them through their formative years to adulthood.

Health Education Units of Study

Grade 6	Mental and Emotional Health Alcohol, Tobacco and Other Drugs Personal and Consumer Health Safety and Injury Prevention
Grade 7	Mental and Emotional Health Alcohol, Tobacco and Other Drugs Personal and Consumer Health Family Life and Human Sexuality Disease Prevention and Control
Grade 8	Alcohol, Tobacco and Other Drugs Personal and Consumer Health Safety and Injury Prevention Nutrition and Fitness Family Life and Human Sexuality

Health Education Materials

Paper
Pens/Pencils
Pocket folder

Physical Education and Health Education Grade Policy

All Tasks and Assignments – 90%
Homework/Practice/Prep – 10%