



Courses:

7th grade P.E. 1 full year
8th grade P.E. 1 semester
8th grade Health 1 semester

P.E. Activities:

Fitness / Aerobic activities, team games, Football, soccer, volleyball, basketball, floor hockey, team handball, snowshoeing, NYO, badminton, Frisbee, Frisbee golf, kickball, softball, Rhythms and dance, and many more.

Students enrolled in regular P.E.:

- *Receive their own locker and lock in the P.E. locker room
- *Will have 5 minutes at the beginning and end of each class to dress out
- *Need to wear the required white Hanshew P.E. shirt, change into athletic pants/shorts, and non-marking athletic tennis shoes to be considered dressed out
- *P.E. Shirts cost \$8.00
- *Are expected to make up any missed days whether or not their absence is excused



8th Grade Health

Curriculum:

Mental health, social health, nutrition, physical fitness, community health & safety, substance abuse, human development, preventing disease



After school team sports:

We encourage all students to participate in at least one team sport throughout the school year. This enables our students to put into practice the individual/team skills that they are developing throughout middle school. This also encourages our students to get to know each other and to learn positive school spirit!

**see front office or ASD website for sports packets*

Hanshew Health & Physical Education



Health & P.E. Department:

Andrew Deckert P.E.
Joanne Osborne, Health
Jake Stoops, P.E.
Julie Thompson, P.E.