



7th Grade Physical Education



Miss Erin Carmody
Currently teaching 7th grade
PE and Specials, 8th grade
Health, & Connections

- ★ Running
- ★ Farmer's Market
- ★ Traveling
- ★ Water Skiing

- ★ Cooking/Baking
- ★ Reading
- ★ Photography
- ★ Spending time with Family & Friends

Class Information:

- Provide knowledge, skills, & attitude necessary to lead a healthy lifestyle
- Support making good choices to improve health, maintain fitness, and prevent diseases
- Health-related fitness concepts, team sports, & outdoor activities focused on character, leadership, sportsmanship, & teamwork

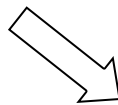
CONTACT

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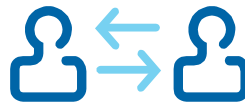
BOOKMARK IT

<http://bucspe.weebly.com>

Practice and reinforcement of concepts are important for learning. Assignments will occur each marking period.

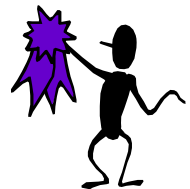
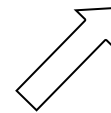


Grading



Students are encouraged to discuss and practice their fitness knowledge/skills.

Positive attitudes, responsibility (dressing), and put forth quality effort should be exhibited every day.



**Grades will be updated weekly on Synergy*

Skills for Success



Character
Leadership
Sportsmanship
Teamwork



Sports

Frisbee Golf
Kin Ball
Lacrosse
Tennis
Ultimate Frisbee



Health Related Fitness

Cardio
Interval Training
Strength Training
Yoga/Pilates

Outdoor Activities



Running
Survivor
Yard Games

Units & Topics

**List subject to change*