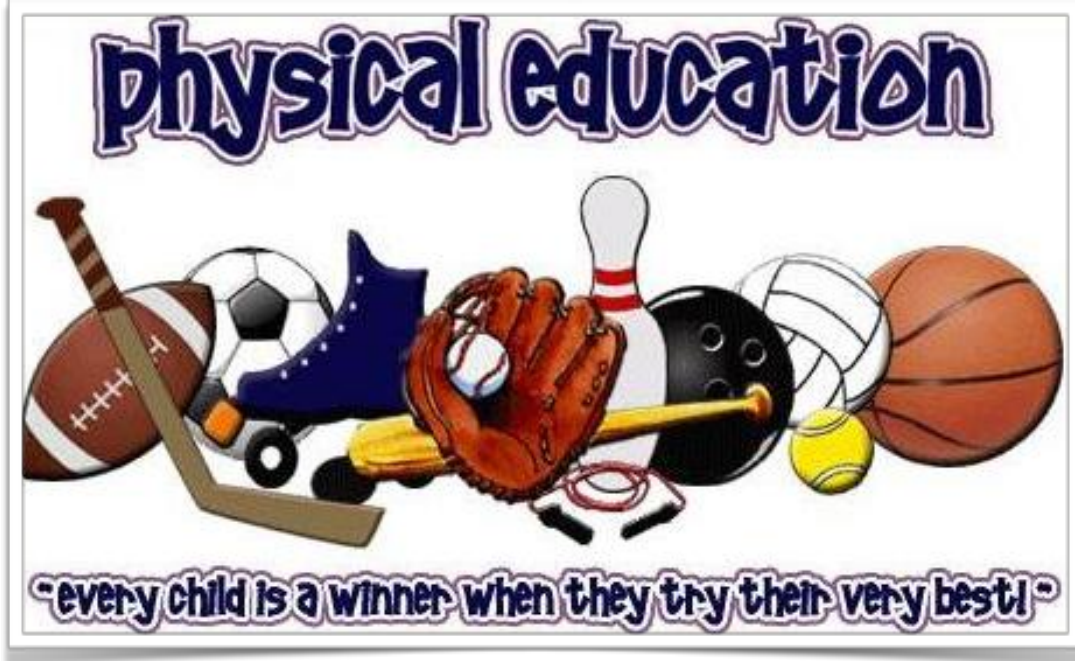


PE/Health Newsletter

Miguel Juarez Middle School



Physical Education

Mission Statement

The Physical Education Department guides students to individual accomplishments of the Illinois Physical Education Goals through instruction in social skills, wellness, movement skills, and team building; counseling in accepted group behavior; and assessment of individual performance on the Illinois Physical Education Goals.

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2nd Quarter PE Units

Your student(s) will be participating in the following units this quarter:

- Fitnessgram
- Floor Hockey
- Tchoukball
- Team Games
- Fitness Mondays
- Tiger Days



What is Fitnessgram?

Fitnessgram is an assessment tool used to measure areas of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Scores are evaluated against objective criterion-based standards, called “Healthy Fitness Zones”, which indicate the level of fitness necessary for health. It enables teachers to promote awareness about the importance of physical activity and fitness, assess the fitness and activity levels of children in grades 6-8, and help them develop patterns of lifelong, health-promoting physical activity.

6TH GRADE HEALTH

Throughout their first quarter in Health, be prepared to explore the following topics!

- Chapter 6 – Personal Health
- Chapter 4 – Nutrition
- Chapter 3 – Relationships
- Chapter 8 – Human Growth and Development
- Chapter 10 – Drugs, Alcohol, and Tobacco
- Bullying Curriculum

