

*Health and
Physical Education*

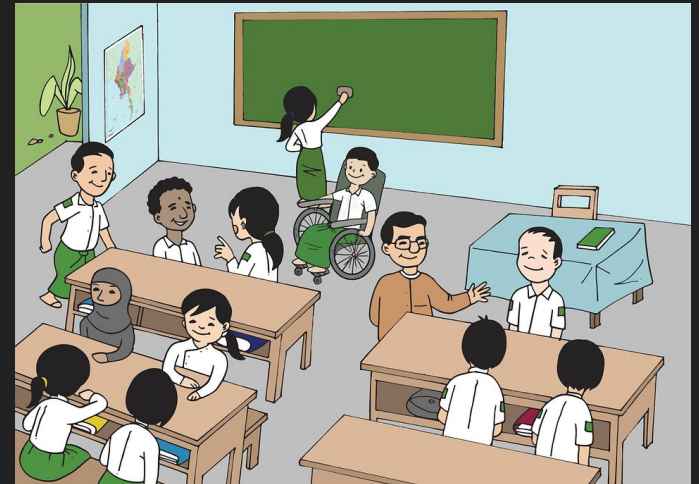
VIKINGS

General Information (covid may alter information)

- One Week Physical Education / One Week Health Rotation
- Physical Education in the Gym / Health in a Classroom
- Semester Class

- 50% of Your Grade is Physical Education
- 50% of Your Grade is Health

- Physical Education and Health Coaches:
 - Coach Holly Jo Sensenich
 - Coach Matthew McFayden
 - Coach Scott Barbour



Health Curriculum

- Nutrition and Physical Activity
- Alcohol, Tobacco, and Other Drugs
- Mental and Emotional Health
- Personal and Consumer Health
- Interpersonal Communication and Relationships
 - 7th/8th Healthy Youth Act Unit
 - 6th Human Growth and Development Unit



7th Grade will also work on the 7th Grade Everfi Curriculum Initiative for Cumberland County Schools

Physical Education Curriculum

- Dress Out in Physical Education (gym) Clothes.
- Change of clothes is a county hygiene requirement.
- Hope Mills Middle, Uniform PE, or white T-shirt
- Gym Shorts (preferably dark) or sweat pants
- Wear Gym Shoes (tennis shoes, running shoes, aerobic shoes...)
- Team Sports and Activities Highlighted
- Grade is Based on Dressing Out and Participation
- Indoor and Outdoor Activities when possible
- Not Recess and Not Optional



PE Uniform Shirt:
Cost is \$15
Other Options:
Hope Mills Middle
School T-Shirt or
White T-Shirt



Gym Bag: for PE
clothes and Gym
Shoes ONLY

PE Uniform Short:
Cost is \$15
Other Options:
Gym Shorts or Sweats.
Yoga Pants or Tight Pants
MUST have Shorts
Overtop. (CCS)

Sweatshirts may be worn
OVER the proper T-shirt.

CCS Requires Students
Change Clothes for PE
Class.

Differentiated Studies:

Do you like Physical Education? Playing Volleyball or Basketball?

Do you like being Active? Exercising and Working Out?

Do you want to be in a class that is doing something, not sitting at desks?

Differentiated Studies may be the class for YOU!

This class is an elective for 8th grade students!

You will be required to dress out in Physical Education clothes and participate in the Activities of the Day!