

PE & Health

North Bethesda Middle School

Meet the Teachers



- Ms. Emily Valonis (H/PE RT)
 - Mr. Doug Bucci (PE)
 - Ms. Jessica Gallagher (Health & PE)
 - Ms. Tracy Heyn (Health)
 - Mr. Ben Leffler (PE)
 - Ms. Lauren Litzner (Health & PE)
 - Mr. Steve Smiddy (PE)
 - Mr. Alex Tsironis (PE)
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Program Overview

Physical Education is an integral part of the total education of every student.

Our program strives to increase physical competence, skillfulness, health-related fitness, personal and social responsibility and enjoyment of physical activity for all students.

Our vision is for students to apply the principles of a healthy lifestyle and participate in life-long health enhancing physical activity.

Grading

Health Related Fitness (HRF 50%)

Standard I: Exercise Physiology – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance in a variety of academic, recreational, and life tasks.

Standard V: Physical Activity – Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

Personal and Social Responsibility (PSR 30%)

Standard III: Social Psychological Principles – The ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

Movement Skills and Concepts (MSC 20%)

Standard II: Biomechanical Principles – Students will demonstrate the ability to use the principles of biomechanics to generate and control force to improve movement effectiveness and safety.

Standard IV: Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

Standard VI: Skillfulness – Students will demonstrate the ability to enhance performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skill effectively in skills themes, and applying skills.

Dress Appropriately

- Students must be dressed appropriately to participate in class activities.
- For health and safety reasons, students should change from their school clothing into PE clothing and wear athletic shoes (no slides, crocs, boots or open toe shoes). Sweat clothes are recommended for cold weather activities.
- Bring non-aerosol deodorant!
- LOCKERS- Students can keep and store all belongings in their assigned PE locker.

Units of Instruction



-Students are exposed to a variety of invasion games (basketball, soccer, street hockey, etc.), net/wall games (badminton, pickleball, table tennis, etc.), target games (archery and bowling) and striking/fielding games (softball and kickball) will be taught throughout the year.

-Through these sports we attempt to improve game performance by combining tactical awareness and skill development.

-Other individual fitness activities include weight training, fitness, and yoga. Students can also expect to run the mile weekly.

Unable to participate?

(injury, sickness, etc.)

- Temporary - 1-5 consecutive days: A note from parent/guardian required on the first day the student is to be excused.
 - Long Term - 6 or more days: A completed [Physical Education Physician Contact Form](#) is required.
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Health Education

1 quarter each year

(An informational meeting for parents will be held on 9/1/22 at BTSN).

-Comprehensive health education is taught for a term of 9-weeks. Knowledge, concepts, skills, and strategies essential to making healthful decisions are presented promoting lifelong health and well-being.

-Certified Health Education teachers implement a variety of learning activities to promote and practice wellness skills and health literacy.

-The development of lifelong positive health-related attitudes and behaviors are emphasized to promote self-reliance and self-regulation.

-All students will receive FLHS (Family Life/Human Sexuality) instruction, unless you opt out (form).

ATHLETICS- (for eligible 7th/8th graders)

Fall Season

- Girls Softball
- Boys Softball
- Co-Ed Cross Country

Winter Season

- Girls Basketball
- Boys Basketball

Spring Season

- Girls Soccer
- Boys Soccer

Intramurals -(open to all 6/7/8th graders)

-The intramural program is an extension of the physical education program, providing physical activity after school among students in the same school.

-Different activities and sports will be provided that reflect the interests of all the students.

-The primary reason for participation is enjoyment of the activity rather than the pressure to compete and win.

-Intramurals will be offered on Tuesday, Wednesday and Thursday from 3:15-4:15.

-Students are required to turn in a completed [Intramural Parent Permission Form](#) on the first day of the activity.

-An activity bus is available and a schedule of activities will be posted.