



# SLAUSON MIDDLE SCHOOL

## PHYSICAL EDUCATION

### OVERVIEW

Slauson Middle School physical education teachers strive to provide an activity based program while teaching lifelong fitness in a safe, fun, and dynamic environment. Throughout the course, students will learn cognitive concepts related to health/skill related physical fitness, and sports technique concepts.

### OUR VISION

We will guide and support all students in skill improvement and enjoying physical activities. We strive to establish a classroom culture that embraces the growth mindset and believe students should be active participants in their learning.

### SAMPLE PE UNITS

Note: units vary by quarter.

Flag Football	Soccer	Pickleball	Floor Hockey
Field Hockey	Kickball	Volleymitten	Team Handball
Volleyball	Ergometers (rowing machines)	Swimming	Disc Golf
Ultimate Frisbee	Adapted Sports	Basketball	Eclipse Ball

### FEEDBACK

Students and parents are given feedback in PowerSchool.

### RESOURCES

[Slauson PE Department Homepage](#)

[Erg Ed \(Rowing/Crew Partnership Program\)](#)

[SHAPE America PE Outcomes](#)

### PE DEPARTMENT

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### MATERIALS

\*Combination lock (\$6 new, \$3 used - available for purchase from Slauson, or bring your own)

\*Change of clothes

\*Athletic shoes

\*Swimsuit/towel (during swim unit)

### ASSESSMENT

Students earn points each day: changing clothes, effort/behavior/ participation, sports/games rules, and skills improvement.

Students also are assessed in learning cognitive concepts related to fitness throughout the course..

Fitness Logs are a required part of PE class, **one per quarter**. Students track physical activity outside of school.