



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 improving skill level and enjoying physical activities and skill work at every level. 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- 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.