

**Welcome to PE!**

**Logo

Description automatically generatedThe goal of the NGMS Physical Education program is to equip students with the knowledge, skills and abilities needed to make informed decisions that positively affect their mental, social, physical, and emotional well-being; allowing them to lead a healthy, physically active lifestyle for the remainder of their life.**

**PE/Health Department**

**Coach McHenry**

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ext. 624

**Coach Hall**

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**Coach Minervini**

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**Mrs. Hailey** (Family Life)

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ext. 629

**School Phone:** (336)605-3342

**P.E. Units**

Modified Team Handball

Volleyball

Basketball

Badminton + Racquet Sports

Aerobics/Dance

Soccer

Softball

Modified Hockey

Non-Traditional Games

Personal Fitness/Wellness

Lifetime Fitness

**Grading Policy**

*Each day you will earn a daily PE grade worth up to 20 points, totaling 100 points for the week.*

10 pts.- **Participation/Conduct**

5 pts.- **Warm Up Exercises**

5 pts.- **Proper Attire** *(Each student is responsible for wearing appropriate clothes for activities)*

1. Shoes – athletic shoes only! Skater shoes are not recommended!  (***No CROCS***, boots, sandals, dress shoes, thick soles, and ***ABSOLUTELY NO FLIP FLOPS***!)
2. Socks are required which will also help prevent blisters.
3. Shorts, loose pants, t-shirts, and shorts underneath any dress/skirt.
4. Jackets, sweatshirts, sweaters, or long sleeve shirts should be available if the weather gets cold.

**Health Units**

Building Self Esteem

Decision Making

Stress Management

Family Life

Nutrition

First Aid/Safety

(8th Grade CPR)

Consumer Health

**Class Expectations**

**S-** Safety First: Be aware of your surroundings & demonstrate self-control

**C-** Cooperation: Always use kind & encouraging words & actions

**O- On Task:** Participate in all activities to the best of your ability & follow directions the first time given

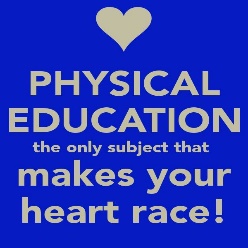
**R- Respect:** Take pride in yourself, others, and the equipment

**E- Expect Excellence:** Always do your BEST!

**P.E.**

IS

LIFE!



Mrs. Cathy Hailey is a Reproductive Health and Safety

**After School Physical Activity Club**

**Reproductive Health & Safety Education**

**Fuel Up to Play 60**

**A group of people posing for a photo

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The Fuel Up to Play 60 Club at NGMS is an after- school club that focuses on promoting good nutrition & 60 minutes of daily physical activity. The club is open to all students at NGMS. Club members are exposed to a wide variety of physical activities throughout the school year!

**Activities Include:** bowling, YMCA obstacle course, golf, basketball, volleyball, flag games, self-defense, tennis, non-traditional games and field trips to Paresi, Air Fun, SpareTime, and many more!

Education/Family Life instructor for Norther Middle,

Kiser Middle, and Northwest Middle.

* Topics covered in class are communication styles,

qualities of a friend, the definition of abstinence, and a

1 day follow up discussion from elementary school

about puberty.

* Mrs. Hailey will hold a parent preview event in which

all parents may view the curriculum, class materials,

and ask Mrs. Hailey questions.

* Parents will be notified via a letter as well as through

connect-ed messages and the PTA online newsletter.

**Things to Know…**

* Students are EXPECTED to wear clothes AND shoes that is appropriate for physical activity and meets the school’s dress code.
* For hygiene purposes students are welcome to bring deodorant and a small hand towel.  Students will have PE every day on a weekly rotation.

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