

School Year 2022-2023: Back to School Night @ LJMS

HEALTH AND PE



Welcome and Introductions



It is our goal as your Health and PE teachers to help students create, execute, and maintain healthy habits for their physical, mental, and social well being.

Welcome and Introductions



There are 6 HPE teachers this year at LJ.

7th Grade

Ms. Stephany Uriona- sruriona@fcps.edu

Mrs. Carolyn Carroll- cbarroll1@fcps.edu

Mr. Bert Wicks- bawicks@fcps.edu

8th Grade

Mrs. Taylor Johnson- tjohnson1@fcps.edu

Mr. Will Wardlaw- wwardlaw@fcps.edu

Mr. Brandon Bailey- blbailey@fcps.edu

*note: Mr. Wardlaw is the PE Department Chair and any general PE questions can also be emailed to him.

Complaints go to Mr. Hoffert at mdhoffert@fcps.edu

Health & PE Curriculum

- ❑ This year students will focus on creating and maintaining individualized personal fitness goals as well as engaging in a variety of activities to meet the PE standards.
- ❑ Health will be taught during the 2nd & 3rd quarters. We will focus on understanding our emotions and creating strategies to maintain a healthy headspace, maintaining positive relationships, and making responsible decisions. We will utilize the social and emotional learning outcomes and the POG model to guide our daily instruction.

Class and Assignment Information

- ❑ Typical PE Class
 - ❑ Students will often receive a mini lesson aligned with HPE standards
 - ❑ Students will participate in activities utilizing outdoor space as often as possible.
 - ❑ Assignments will follow LJMS grading guidelines and will be aligned with HPE Standards.
- ❑ Students will need to be prepared for PE by wearing appropriate clothing AND SHOES for physical activity. Uniforms are available for purchase through [MySchoolBucks.com](https://www.myschoolbucks.com), as well as sold by their teachers in class, throughout the year.
- ❑ **Schoology** will be utilized for assignments

Homework Information

- ❑ Students are highly encouraged to maintain healthy habits on days that we are not in session. Example: go for bike rides, go for a walk, play basketball with siblings etc.
- ❑ Completion of assignments not completed in class. Ex: Fitness Tracker, Goal Setting, etc.

Communication Protocols

- ❑ **Schoology** will be updated regularly with pertinent information.
- ❑ The **BEST** way to communicate directly with the Health & PE department is via **EMAIL!**
Refer to slide 3.
 - ❑ If emailing us during the school day we will do our best to get back to you by end of the day. If emailing after hours we will respond by end of next day.