

# HS PE/HEALTH

## Spring 2021

Mentor: Carmen Lowery

Contact Info: 865-789-9433(c)

[bclowery@bellsouth.net](mailto:bclowery@bellsouth.net)

For the health portion of this class, we will use the student textbook "Total Health: Choices for a winning lifestyle" by Susan Boe (it has a big green pear on the front cover!). Please buy this used on ebay or use bookfinder.com...the isbn # is 9781583312261...In order for the students to receive ½ credit for health & ½ credit, 6 class periods during the fall semester & 7 class periods during the spring will be devoted to the health portion of our class. Students must expect homework & written tests for the health portion of this class.

1/8	HEALTH (cpt 7: Stress & Anxiety) **hw7 due first day back
1/15	Broomball/hockey
1/22	HEALTH (cpt 8: L.I.F.E. Management)
1/29	Broomball/hockey
2/5	HEALTH (cpt 9: Made in His image)
2/12	Broomball/hockey
2/19	Broomball/hockey
2/26	HEALTH (cpt 10: Head to Toes)
3/5	Tennis *off campus
3/12	HEALTH (cpt 11: Risky Business)
3/19	Tennis *off campus
3/26	Tennis *off campus
4/2	NO CLASS – GOOD FRIDAY!
4/9	HEALTH (cpt 12 & 13: Responsibility & Maturity)
4/16	Tennis *off campus
4/23	HEALTH (cpt 14: Changing relationships)
4/30	Final project: Ninja Course

\*\*many other recreational/team games will be incorporated throughout the semester

**\*\*\*PARENTS...in order to participate in class each week, students are required to wear tennis shoes & proper athletic apparel. There will be time prior to class for anyone who wants to change into different clothes for PE. Girls MUST adhere to EMMA dress code & are highly encouraged to wear a loose fitting t-shirt & bike shorts under athletic shorts. PLEASE help your kids adhere to this each week!!!**