

Health and Physical Education

Virtual Curriculum Night January 17, 2024





Robert Thompson



Pam Clingenpeel

Mary Epps



Our PE Teachers



Matt Rogers



Dave Letsen



Wendy Ryan

Health & PE Curriculum

The purpose of the Health and Physical Education program at Katherine Johnson Middle School is to provide each student with the opportunity to further their physical, mental, emotional, and social development. The Health and Physical Education program at Katherine Johnson Middle School will align with the Fairfax County Program of Studies (POS), and the Virginia Department of Education (VDOE) Standards of Learning (SOL's), which are the following:

- Skill Movement and Concepts
- Anatomical Principles of Movement
- Fitness Planning
- Social Development
- Energy Balance (Nutrition and Fitness)
- Health Concepts

Course Offerings

Physical Education

For the coming school year, we will offer a variety of activities that will help promote lifelong activities and a healthy lifestyle. Some of these activities will include; team and individual sports, personal fitness and conditioning, and integrating Health and PE with other subject areas. Each student will have a total of three quarters of Physical Education and one quarter of Health.

Health

2 - 4 week sessions and 1 week of FLE(S&E, HGD)

The purpose of Health Education is to help students acquire an understanding of health concepts and the skills needed to apply them in making healthy decisions to improve, sustain, and promote personal, family, and community health.

Questions????



??