



WEST HARPETH CHRISTIAN TUTORIAL

Middle School PE

Tutor:

Lauren Massey
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Prerequisites:

- This class is open to 6th - 8th grade students.



Course Description

Students will enjoy a variety of interactive games, exercises, and sports in a safe and positive setting. Physical activity helps decrease stress, increase academic performance, improve physical fitness, and prevent injury and disease. It is also fun!

This class will be organized into units based on physical education standards for the Tennessee Department of Education.

Class size and weather permitting, activities may include, but not be limited to, capture-the flag, soccer, basketball, dodge ball, flag football, pickleball, dance, four-square, jogging, calisthenics, and stretching.

We will meet outdoors when weather permits and in the student activity room during inclement weather

Books & Supplies

- tbd
- Students should wear comfortable shoes and clothes and bring a water bottle.

Commitment

- This course meets on Tuesdays in the FALL.
- Willingness to participate and have fun!

A typical class will look like...

Classes will begin with instruction and a warm-up, followed by the main activity of the day, and end with a cool down.