



## WEST HARPETH CHRISTIAN TUTORIAL

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### Middle School PE

**Tutor:**

Kim Powell

[kpowell@westharpeth.org](mailto:kpowell@westharpeth.org)

**Prerequisites:**

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



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**Course Description**

This class will encourage physical activity, expose students to multiple athletic skills and games, practice sportsmanship, build community, and have FUN!

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**Books & Supplies**

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

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**Commitment**

- This class meets once a week.
- Participation and respect for other students and teacher.
- There is no homework for this class!

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**A typical class will look like...**

Class begins and ends each class in the Student Room. During the first few minutes of class, the tutor will discuss a health-related topic or go directly into a review of rules and/or skills to be used for the game or activity of the day. Most of class time will be spent outside playing games or doing group fitness activities, weather permitting. The tutor will have several backup plans for inclement weather.