



MS Physical Education

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Prerequisites:

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



Course Description:

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



Commitment:

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



A typical class will look like...

Class begins with an opener to get minds engaged, which is followed by a discussion of the day's activity, including rules and tools/skills of how to improve (body coordination, greater understanding of the game, correct methods...). We then head outside to warm up and begin our activity. 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.



Books and Supplies

Please wear to class:

- WHCT dress-code appropriate workout attire
- athletic shoes
- deodorant

Please bring to class:

- water bottle
- extra deodorant and/or clean shirt if needed after class