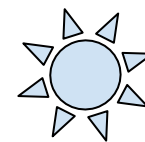


Ms. Garland's Healthy Lifestyles PE Winter Term 2019/2020



Contact Info:
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12 weeks of a variety of fun and challenging fitness activities that apply the components of physical fitness.

Class

Expectations/Rules:

- *Follow all instructions and class procedures
- *Remain silent when Ms. Garland is talking
- *Have a strong PE work ethic
- *Wear proper PE attire and shoes
- *Keep hands, feet, and objects to yourself
- *Respect and support the class community
- *Do not use equipment improperly or without permission

Units/Topics include:

- *Yoga
- *Extreme Fitness
- *Dance Fitness
- *Cardio Interval and Strength Training
- *High Intensity Interval Training
- *Fitness Walking
- *Running
- *Fitness/Tag Games
- *Piyo
- *Cardio Kick
- *Fitness Goals
- *Stretching and Conditioning

This class is designed to provide a fitness foundation to middle school students that is accessible and inclusive to all levels and abilities. You, the student, will explore a wide variety of fitness activities so you can find what you enjoy and apply the benefits of physical fitness to all aspects of your life!