



- **Coach Munger**
- **Coach Muniz**
- **Coach K**

## **Physical Education Curriculum Chat**

# Daily Schedule

## Bell Schedule

\*Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
Homeroom	8:00-8:05	8:00-8:05	8:00-8:05	8:00-8:05	8:00-8:05
1 <sup>st</sup>	8:05-8:50	8:05-8:50	8:05-8:44	8:05-8:50	8:05-8:50
2 <sup>nd</sup>	8:53 – 9:38	8:53 – 9:38	8:47-9:23	8:53 – 9:38	8:53 – 9:38
3 <sup>rd</sup>	9:41-10:26	9:41-10:26	9:26-10:03	9:41-10:26	9:41-10:26
4 <sup>th</sup>	10:29-11:14	10:29-11:14	10:06-10:42	10:29-11:14	10:29-11:14
5 <sup>th</sup>	11:17-12:02	11:17-12:02	10:45-11:21	11:17-12:02	11:17-12:02
6 <sup>th</sup>	A Lunch: 12:05 – 12:35 Class: 12:38-1:25  Class: 12:05-12:50 B Lunch: 12:53-1:23	A Lunch: 12:05 – 12:35 Class: 12:38-1:25  Class: 12:05-12:50 B Lunch: 12:53-1:23	11:24-12:01	A Lunch: 12:05 – 12:35 Class: 12:38-1:25  Class: 12:05-12:50 B Lunch: 12:53-1:23	A Lunch: 12:05 – 12:35 Class: 12:38-1:25  Class: 12:05-12:50 B Lunch: 12:53-1:23
7 <sup>th</sup>	1:26-2:20	1:26-2:20	A Lunch: 12:04-12:34 Class: 12:37-1:20  Class: 12:04-12:43 B Lunch: 12:43-1:16	1:26-2:20	1:26-2:20



**Grades 6-8**

**Sports Skills and Fitness**



**Basketball**  
**Football**  
**Soccer**  
**Volleyball**  
**Badminton**  
**Pickleball**  
**Kickball**  
**Lacrosse**  
**Hockey**  
**Bowling**  
**Dancing**  
**Gymnastics**

# **Weekly Fitness**

**Mile Run  
Pacer Test  
Push-ups  
Sit-ups  
Planks  
Pull-ups  
Jump Rope  
Battle Ropes  
Agility Work  
Balance Boards  
Slam Balls**

# Daily Expectations

We want PE class to be a safe place for students to come and enjoy time with their friends while also getting exercise and learning about the benefits of a healthy and active lifestyle.

- All students must dress out and have on proper shoes. No crocs, sandals or any open toed shoes are allowed.
- All students must participate and give their best effort in each activity presented.
- All students must treat each other with kindness and good sportsmanship always.



# Grading Policy

**Participation – Summative 70%**  
**Dressing Out – Formative – 30%**

**\*Weekly grades given\***

# **SJMSAA Sports Info**

**[www.sjmssa.org](http://www.sjmssa.org)**

**The St. Johns Middle School Athletic Association  
operates independently of the St Johns County  
School District.**

**The SJMSAA has a variety of sports to include;  
football, baseball, softball, tennis, golf, cheer, dance  
and soccer.**

**Boys and girl's basketball and volleyball are the only  
sports that are under the guidance of the St. Johns  
County School District**



# Contact Information

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