**Physical Education & Health**

**November 2016**

6th grade PE classes are finishing their World Cup unit. This unit involved forming teams that represent different countries in the FIFA World Cup. We discuss the World Cup, have students dress in their teams' colors, ask students to design a team flag, bring in posters, and trivia questions. Points will be awarded during games for wins, but more importantly, a majority of the points are given out for displaying good sportsmanship, supportive behavior/encouragement, and genuine cheering for other teams. We ask that you do not spend money for posters or uniforms, instead try to get involved with your son/daughter and help them design posters or uniforms to wear for class!

Mr. Tomassian and Mr. Puntiri’s 7th and 8th grade P.E. classes are also wrapping up our indoor soccer unit. We play all of our games indoors to encourage an even playing field amongst a variety of player skill level. Students have discussed the similarities between football and soccer as far as offensive and defensive concepts. Skills (dribbling under control, controlled passing, body/spatial awareness) from last year will be reviewed and practiced before game play begins.

This month the 7th grade students will be participating in Fitnessgram.  Students participated in Fitnessgram in the 4th grade. The primary purpose of Fitnessgram is to promote enjoyable regular physical activity and to provide the teacher, student and parent/guardian with information that will help the student maintain or improve their level of health related fitness. During physical education class students will perform a variety of fitness tests that measure the health components of fitness (cardiovascular endurance, muscular strength, muscular endurance and flexibility). Each student’s performance is compared to standards that have been set for children at this age level.  Students are compared to these standards, not their classmates or other peers.  Fitnessgram is an excellent tool to help students learn more about their own physical fitness and give them the knowledge to improve their fitness levels for lifelong good health.

In Health Class we have been focusing on Communication Skills.  The lessons involved with this unit focus on helping our teens to be effective communicators who can express wants, feelings, needs and listen to one another.  In this unit we will discuss healthy ways to express emotions and ways to reduce and resolve conflicts that may arise with peers and/or family members.  Effective communication is the foundation for having healthy personal relationships and is essential for not only conflict resolution but also, refusal of Alcohol, Tobacco and other Drugs. With the help of our School Psychologist, Emily Holleran, students will learn how to ask for help when they are faced with a challenge or problem.  They will be asked to identify adults from home, school, and in the community who they could reach out to in a time of need.

If you have any questions about Fitnessgram, please contact your student’s Physical Education teacher or Melonie Bennett, Director of Physical Education and Health at (781)848-4000 x 2235.

Please email or call us at any time if you have any questions. You can also visit our website, http://eastbraintreephysed.weebly.com/ to learn a little bit more about us and to keep track of what your child is doing in class.

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