**Physical Education & Health**

**October 2016**

Hello everyone! The Physical Education and Health teachers have had a great time meeting all our new students! Our 6th grade P.E. classes have discussed all of the differences between P.E. in elementary school and P.E. in middle school. The students seem excited to get the year started. The biggest thing to remember is that all students need to change into their P.E. clothes, as well as use deodorant after each class. This is a serious hygiene issue, and all of the students and teachers at East appreciate the effort.

Mr. Tomassian and Mr. Puntiri’s 6th grade classes are beginning the year with a unit of Ultimate Football. We work on locomotor skills, social interaction, team work, basic throwing and catching skills and cardiovascular endurance all through game play. The 7th and 8th grade boys P.E. classes are off to a great start as well in their first unit for flag football. The basic skills needed to compete in a game will be reviewed first, followed by teams creating their very own play books! All the activities use combinations of manipulative, locomotors, and non-locomotors skills to develop movement sequences and patterns, both individually and with others. In teams, students identify and try various ways for players of different abilities to participate fully in games.

In Ms. Emby’s classes students are working on achieving goals by integrating technology into the Physical Education ‘classroom’ in as many ways as they can! To start, every 3rd day of the cycle students will be walking/running outside (weather depending, of course!). Students are allowed to bring their iPod/iPhone with them to listen to music while they are making their way around the ½ mile course (students will also be given their own map to follow). They will be integrating the use of the free app: “Map My Run” to record their progress and learn how to set goals. This is a great app because it tracks their distance, time, pace, and even the elevation that they run or walk. Their progress is tracked and recorded in the app, so students may look back at previous runs to see if they ran/walked a little faster or farther. Every time we head out for a walk/run day, classes will be using the app to try and improve their distance or time from the previous class. If students do not have a phone or access to the app, they may pair up with another classmate that will be moving at their pace and has access to the app. We are really excited to record and analyze the results and progress through the use of multiple free apps that we will learn about this year!

Now a word from out health teacher, Mrs. Carney:

Welcome back everyone!  My name is Kara Carney and I teach Health for our 6th and 7th grade students. Both health courses meet every 3 days, for one semester. I have been teaching middle school Health for 21 years and I am passionate about all topics that aim to improve the physical, mental, and social health of our students. In my opinion there is no better time to focus on teaching and practicing health promoting skills then during the middle school years and I am confident that the skills our students develop through Health Education will help them to create healthy habits not only during the teen years but for the rest of their lives.

The new skills based program here at East Middle School focuses on five important skills: **Setting Goals, Accessing Information, Analyzing Influences, Making Healthy Decisions and Communicating Effectively.** Skill development will be the main focus of our classroom; however, health content areas that will be discussed include: **Improving Self-Esteem, Learning about Body Systems, Nutrition, Fitness, Positive Peer Relationships and Drug Prevention.**   I trust that we will be partners in the education process and understand that the middle school years can be a stressful time for both students and parents.  I want you to know that I am here to educate, support and challenge your student to be successful not only in my classroom, but throughout their entire middle school experience.

Please email or call us at (781) 380-0170 any time if you have any questions. You can also visit our website, www.gpvillage.com/eastms and click on the Physical Education link on the left toolbar to learn a little bit more about us and to keep track of what your child is doing in class.

Cliff Tomassian: [ctomassian@braintreema.gov](mailto:ctomassian@braintreema.gov)

Ryan Puntiri: [rpuntiri@braintreema.gov](mailto:rpuntiri@braintreema.gov)

Kara Carney: [kcarney@braintreema.gov](mailto:kcarney@braintreema.gov)

Nicole Emby: [nemby@braintreema.gov](mailto:nemby@braintreema.gov)