



# Gunston Middle School Health & Physical Education

**Ms. Abdeljawad, Mr. Kolody, Mr. Mannos, Mr. Ruck, Mrs. Rios**

## **Course Description:**

The mission of the health and physical education department is to help our students develop the habits necessary and to value lifelong physical activity. We challenge our students to care for their bodies by instilling the values of health and wellness.

Each student is in Physical Education for three marking periods and in Health for the equivalent of one marking period.

In Physical Education the department focuses on helping students develop the five components of fitness. The components are muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. The students will develop their own fitness goals and create fitness plans based on the components of fitness.

During Health students are exposed to topics ranging from goal setting and organization to family life education. Each school year there are two recurring units that are taught as part of the health courses at each grade level; the first is a unit on the dangers associated with Alcohol, Tobacco and Other Drugs (ATOD). The second is the Family Life Education (FLE) unit. The FLE unit is the last unit in the health rotation. Each of these units are based on grade appropriate guidelines approved by APS.

**Contact Information:**

| <b>Teacher</b> | <b>Email Address</b>   |
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**Gunston Athletics Calendar for Quick Reference:**

|                        |                      |
|------------------------|----------------------|
| Tennis Team            | September – October  |
| Boys' Soccer Team      | September – October  |
| Dive Team              | September – November |
| Cheerleading           | October – March      |
| Girls' Soccer Team     | October – December   |
| Boys' Basketball Team  | October – December   |
| Girls' Basketball Team | January – March      |
| Wrestling Team         | January – February   |
| Swim Team              | February – April     |
| Track Team             | March – May          |