



Healthful Living: Year Long

Mrs. T. Mauder

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Welcome to Durant Road Middle School! My name is Trina Mauder and I am one of four healthful living teachers at Durant. This will be my 10th year of teaching, and my 6th at Durant. I am also a certified athletic trainer and will be providing those services to all of our student athletes. To learn more about me and my healthful living class specifically, please visit my website. My website is updated weekly for students and parents to stay current on what is happening in class.

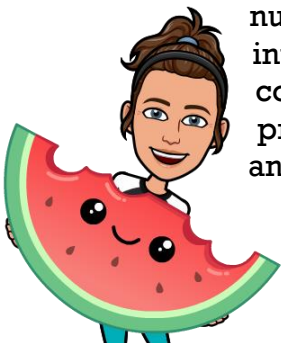
Healthful Living (Year Long) Course Overview:

Healthful living is split into three separate subjects: Physical Education, Fitness Education, and Health Education. The students will rotate through each subject weekly for the entire year. Please refer to the healthful living rotation calendar to see where you will be every week of the year.

- **Physical Education:** During PE, students will learn various skills (catching, throwing, kicking, striking, etc.), games and strategies. Proper athletic clothing and shoes should be worn daily for PE. Good sportsmanship should be exhibited daily.
- **Fitness:** During fitness students will participate in various fitness tests such as the PACER, mile run, sit-ups, and push-ups. Fitness games and activities will also be played during fitness week. Proper athletic clothing and shoes should be worn daily for fitness. Always try to do your best and work on self-improvement.
- **Health:** Students will be in the classroom (E14) for health class. During health, students will be engaged in lessons involving mental & emotional health; nutrition and physical activity; alcohol, vaping, tobacco, and other drugs; interpersonal communication and relationships; and lastly personal and consumer health. Health will consist of individual projects as well as group projects. Google Classroom will be used frequently in health for project and work submission.



LET'S GO!



Mrs. Mauder's
Website



Healthful Living
Rotations



DRMS Athletics
Website