Welcome to Mr. Spicer's

Health & PE 7th Grade Class - Periods 4 & 6

On this page you will find our daily agenda and to-dos. All assignments/lessons are in Schoology- there is a path for you to follow to find each of them. This board is set up with the most recent date at the top. If you miss a day of school, please reference this page to see what you have missed. If you have any questions, send me a message through Schoology or email me at waspicer@henrico.k12.va.us. I am looking forward to working with you this year!

Back to School Night Video

Class will be in Health from October 12 - October 23 - Meet in the Room 2702 during this time

Date: 10/16/2026 - 10/23/2026		
What are we learning today? 5 Components of Fitness, FITT Principle, 5 Levels of Intensity, RPE Scales **Why are we learning it?** Understand different ways to improve fitness and overall physical health through exercise **How will we know we've learned it (Success Criteria)?** Discussion, completion of notes, project		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**1. Warmup / Question of the Day**	
I/C	**2. Finish Notes - Use PPT to complete hard copy of notes**	
I/C	**3. Comic Strip Project - SMART Goal / Five for Life** a. Counts as quiz grade	Friday, 10/23
Announcements/Assessments: • **We will be meeting in the gym for PE next week (week of 10/26)**		

- **Bring / Wear - Sneakers / Athletic Shoes AND Athletic clothing (no jeans)**

Date: 10/12/2026 - 10/15/2026

What are we learning today? 5 Components of Fitness, FITT Principle, 5 Levels of Intensity, RPE Scales
Why are we learning it? Understand different ways to improve fitness and overall physical health through exercise
How will we know we've learned it (Success Criteria)? Discussion, completion of notes, project

Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**1. Warmup / Question of the Day**	
I/C	**2. Flag Football GimKit**	
I/C	**3. Finish Thank You Notes / Makeup Work**	
I/C	**4. Notes - Use PPT to complete hard copy of notes** **a. SMART Goal / FITT Principle Notes**	

Announcements/Assessments: **Bring Corded Headphones to School**

Date: 10/5/2026 - 10/9/2026

What are we learning today? Flag Football
Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork
How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team

Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I	1. **Attendance / Squad Lines**	
I/C	2. **Warmup**	
I/C	3. **Flag Football** a. **Gameplay in team and competitive setting**	
Announcements/Assessments: ● **Announcements/Assessments:** Bring Athletic Shoes & Clothing		

Date: 9/29/2026 - 10/2/2026		
What are we learning today? Flag Football **Why are we learning it?** Gain skills and understanding of gameplay, sportsmanship, teamwork **How will we know we've learned it (Success Criteria)?** Participation, collaborating with groups/team		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I	1. **Attendance / Squad Lines**	
I/C	2. **Warmup**	
I/C	3. **Throwing and Catching w/ partners**	
I/C	4. **Lead up Activities** a. **Routes** b. **Add Defender**	
I/C	5. **Pass For Points - Simulated Flag Football Game**	
Announcements/Assessments: ● **Announcements/Assessments:** Bring Athletic Shoes & Clothing		

Date: 9/23/2026 - 9/25/2026		
What are we learning today? Anti-Bullying and Promoting Kindness **Why are we learning it?** Understand how to recognize & prevent bullying and to promote kindness **How will we know we've learned it (Success Criteria)?** Discussion, reading, participation		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**1. Bell Ringer**	
I/C	**2. My Circles of Support (worksheet)**	
I/C	**3. BrainPop - Bullying** a. Movie + Quiz	
I/C	**4. Thank You Notes - 1 or more to Holman Staff Member**	
	5. Make Sure to Complete All Assignments (PE next week)	
Announcements/Assessments: **Bring Corded Headphones to School** **We will be in PE from 9/29 - 10/9 - Bring athletic shoes and clothes**		

Date: 9/16/2026 - 9/22/2026		
What are we learning today? Anti-Bullying and Promoting Kindness **Why are we learning it?** Understand how to recognize & prevent bullying and to promote kindness **How will we know we've learned it (Success Criteria)?** Discussion, reading, participation		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**6. Bell Ringer**	
I/C	**7. Create Your Own Jersey (on paper) - Getting to Know You Activity**	
I/C	**8. Newsela - Bullying Article**	

I/C	**9. Mental & Social Wellness Notes + Activity (not graded)**	
	10.	
Announcements/Assessments: Bring Corded Headphones to School		

Date: 9/14/2026 - 9/15/2026		
What are we learning today? Classroom Expectations & Introduction, Safety Protocols, Pre-Assessment **Why are we learning it?** To understand the class routine and expectations, so we can have a successful & safe year of learning and fun. Pre-Assessment provides an entry level knowledge check. **How will we know we've learned it (Success Criteria)?** Observation, Checking for Understanding		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**11. Assigned Seats / Attendance**	
I	**12. Classroom Expectations, Procedures, Safety Protocols**	
I/C	**13. Bell Ringer**	
I/C	**14. WELNET Pre-Assessment**	
I/C	**15. Create Your Own Jersey**	
Announcements/Assessments:		

Date: 8/31/2026 - 9/11/2026
What are we learning today? Fitness Testing / Unit **Why are we learning it?** To understand the purpose of fitness tests, which area(s) of fitness they address, and how to improve that area of fitness. **How will we know we've learned it (Success Criteria)?** Completion of testing.

Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
C	**1. Warmup**	
I/C	**2. Fitness Test - Sit and Reach**	
I/C	**3. Fitness Test - Push-Ups**	
I/C	**4. Fitness Test - Pacer**	
I/C	**5. Fitness Test - Curl-Ups**	
I/C	**6. Make-Up Fitness Testing**	
Announcements/Assessments: Bring Athletic Shoes & Clothing		

Date: 8/27/2026 - 8/28/2026		
What are we learning today? Classroom Expectations & Introduction, Safety Protocols **Why are we learning it?** To understand the class routine and expectations, so we can have a successful & safe year of learning and fun. **How will we know we've learned it (Success Criteria)?** Observation, Checking for Understanding		
Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**1. Safety Procedures / Hide & Lock w/ Mr. Meister (in Commons/Cafeteria)**	
I	**2. Review Syllabus & Expectations**	
I/C	**3. Review & Practice Expectations, Safety, Warmup**	
I/C	**4. Navigating Schoology Class Page**	
Announcements/Assessments: Bring Athletic Shoes & Clothing		

Date: 8/25/2026 - 8/26/2026

What are we learning today? Student Information / Safety Protocols
Why are we learning it? To ensure a successful & safe year of learning and fun.
How will we know we've learned it (Success Criteria)? Students know where and when to go using their school information

Agenda: **I= Instructional Materials** (Presentations, Articles, Websites, etc.) **C= Class Work** (Done in class with teacher/student feedback) **H= Homework Activity** (Done Independently)		**Comments/Due Date**
I/C	**1. Attendance / Squad Lines**	
I/C	**2. Students should have the following information:** a. School locker information (optional) b. Bus number / info for AM and PM c. Lunch number	
I/C	**3. Safety Drills / Procedures** a. Fire drill / evacuation b. Tornado c. Earthquake d. Lock and teach e. Lock and hide	

Announcements/Assessments: