**MIDDLE SCHOOL CLUB TENNIS**

The phys ed express

gmsd

**LINKS & RESCOURCES TO IMPLEMENT FOR YOUR PE PROGRAM**

**FARMINGTON ES**

DOGWOOD ES

HOUSTON HS

**Noteworthy mentions:**

1. The GMSD Stampede will be fully “virtual” this year and take place on April 18, 2021. I’m requesting each school’s PE department to send me a route near your school that includes 1 mile and 5K). This is due to me by March 5, 2021.
2. The State of TN & GMSD have suspended PE Portfolios for the 2020-2021 school year. The expectation is that this process will continue next year and remain a requirement for all K-5 PE.
3. [Family Life Curriculum](https://www.thephysedexpress.com/family-life-curriculum.html) will be implemented during Quarter 3 and/or 4 for our schools. HHS Wellness teachers should let me know when you start and complete this. ([Dating Violence](https://www.thephysedexpress.com/dating-violence.html) must be covered during FLC for HHS students).
4. [PACER testing](https://www.thephysedexpress.com/fitness-gram.html) is not required this year! If you decide to implement it, we have a page of resources for you!

**BIKE EDUCATION CURRICULUM**

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Germantown Municipal School District has partnered with Bike The Planet to implement a K-12 Bike Education Curriculum. A survey was sent to all K-12 PE teachers and we have 3 schools willing to implement this program! The supplies, curriculum, and equipment will be ordered and delivered to schools before the start of the new school year!

**PHYS ED SCHOOLOGY PAGE**

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**PHYS ED SHARED GOOGLE DRIVE**

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Physical ed. Site:



* [**Active Gaming Resources**](https://www.thephysedexpress.com/active-gaming.html)
* [**Dance Resources**](https://www.thephysedexpress.com/dance.html)
* [**The Bear Fit Challenge**](https://www.thephysedexpress.com/bear-fit-challenge.html)
* [**Cardio Fitness Drumming**](https://www.thephysedexpress.com/cardio-fitness-drumming.html)
* [**Jump Rope Resources**](https://www.thephysedexpress.com/jump-rope.html)
* [**Academic Integration**](https://www.thephysedexpress.com/academic-integration.html)
* [**Team-Building Games**](https://www.thephysedexpress.com/team-building.html)
* [**Virtual Gyms**](https://www.thephysedexpress.com/virtual-gyms.html)
* [**Adapted P.E.**](https://www.thephysedexpress.com/adapted-pe.html)
* [**Yoga & Mindfulness**](https://www.thephysedexpress.com/yoga.html)
* [**E-Learning Tools**](https://www.thephysedexpress.com/e-learning.html)
* [**PE Lessons**](https://www.thephysedexpress.com/lesson-plans.html)
* [**Everfi resources**](https://www.thephysedexpress.com/everfi.html)
* [**Sworkit Platform**](https://www.thephysedexpress.com/sworkit.html)
* [**15 Second Workouts**](https://www.thephysedexpress.com/15-second-workouts.html)
* [**Cosmic Yoga**](https://www.thephysedexpress.com/cosmic-yoga.html)
* [**Nutrition Education**](https://www.thephysedexpress.com/nutrition-education.html)
* [**Edu Gymnastics**](https://www.thephysedexpress.com/educational-gymnastics1.html)
* [**Locomotor Skills**](https://www.thephysedexpress.com/locomotor-skills1.html)

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Middle School Club Tennis is available for any students at RES and HMS. Please share following with your student:

[-HMS Flyer for Club Tennis](https://drive.google.com/file/d/1-Vb5kXOPikfWGzfquzQHEIAIggy08H6w/view?usp=sharing)

-[RES Flyer for Club Tennis](https://drive.google.com/file/d/1YbXMKxgyQXaUj7QaHfpulMy-n57PAgR2/view?usp=sharing)