



September 2022

## Welcome to ESP!

ESP is a required part of your TSA experience. The activities that we do (fitness, teambuilding, outdoor/indoor games, goal-setting, sex/health education, cooking/nutrition lessons, stress reduction, engineering design challenges) are designed to support your **E**motional, **S**ocial, and **P**hysical health.

### Contact Information

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### Class Expectations

In order to create a safe learning environment--physically and emotionally--for all students, we will hold each member of the class to the following expectations.

- 1) Arrive on time and prepared for the day's activities. This includes appropriate clothing/footwear for fitness and games.
- 2) Strive to do your personal best.
- 3) Strive to contribute to a positive class environment that helps others do their best. Be respectful & helpful.

**Overview of the Year** ***\*\*This is from last year when Clare taught this class and is subject to change based on your suggestions and my assessment as we make this class our own!***

Here is a general overview of what we do and when.

#### *September*

- Outdoor sports and games
- Teambuilding
- Personal fitness goals
- Fitness activities

#### *October - November*

- Human reproductive anatomy
- Conception, fertilization and development through birth

### *December*

- Cooking classes
- Nutrition and food log
- Indoor active games
- Indoor fitness

### *January, February, March*

- Tinkering/Engineering Design Challenge
- Yoga, mindfulness and stress management
- Indoor fitness

### *April - June*

- Personal fitness goals
- State PE testing
- Outdoor sports and games

## **Standards**

Every week, you will receive a formative assessment on the standard **5X Engage with Learning**. Twice a trimester, you will receive a summative assessment that reflects your achievement and progress on the formative assessments.

We will also complete fitness logs that will be assessed using standards:

- **7B Develop, practice, or explore skills to promote Physical Well-Being**
- **5B Set Goals and Make Informed Decisions**

## **What would you like out of this class?**

1. Here are some games/sports/activities that I DO like:
  
  
  
  
  
  
  
  
  
  
2. Here are some games/sports/activities that I DON'T like:
  
  
  
  
  
  
  
  
  
  
3. Here is another idea I have for this class that related to the topics we study:

**Welcome! It's going to be a great year!**