
Welcome to Health and Physical Education

— Coach T and Mr. Pitts —



About Us

Coach T (Mr. Tameris)

- Attended West Virginia University for my undergraduate and my first masters degree.
- Attended George Mason for my second masters degree
- 29th year as a Health and PE Teacher
- 14th year at Hayfield ES
- I enjoy collecting Star Wars, collecting comics, and my truck.

Mr. Pitts

- Attended George Mason University for both my undergraduate and masters degree.
- 8th year as a Health and PE teacher
- 2nd year at Hayfield ES
- I enjoy running, cooking, hiking, and the Philadelphia Eagles.



Students will be learning...

Physical Education

- Students have PE twice a week for 30 minutes.
- We are focusing on developing a lifelong love for being physically active.
- Students will be engaged in a variety of different units including, movement, fitness, nutrition, different skill themes, dance and gymnastics, and outdoor pursuits and recreational activities.

Health

- Students have health once a week for 30 minutes.
- Students will be learning about physical health and wellness, mental health, personal and community health and safety, in a variety of different ways.



Expectations, Grading, Etc.

Physical Education

- Students should have a good pair of sneakers for class. Please no sandals or crocs.
- Students should come to class every day and be ready to try their best!
- Students are graded on a 1-4 scale based on the Virginia Standards of Learning for Physical Education.

Health

- Students are graded on a 1-4 scale based on the Virginia Standards of Learning for Health.
- Discussions and projects are completed in class for each unit.





Use of Schoology

Students will use our Schoology page for a few things this year. It is important to note that students have two separate Schoology pages - one for PE and one for Health. We will be using Schoology for...

1. Asynchronous activity boards.
2. Inputting fitness data and developing a fitness plan (4-6 graders).
3. Accessing in-class health activities and lessons.

