

## P.E. Staff

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412-885-7500



## Health and Physical Education

▶ To learn more,  
visit our  
website.

[bhshealthpe.weebly.com](http://bhshealthpe.weebly.com)

## ► Our Mission

The physical education department offers a variety of courses that provide a wide range of developmentally appropriate activities for all students.

Our goal is to increase the physical competence, health—related fitness, self-responsibility and enjoyment of physical activity for all students so they can be physically active for a lifetime.

### Grading Policy

Your Physical Education grade will be determined from the following areas:

**Participation:** being physical active in class.

**Dress:** Proper athletic attire.

**Sportsmanship:** Appropriate etiquette during class. (language, attitude, etc.)



## P.E. Courses Offerings

**Freshman PE** team sports focus with an instructional swim unit.

**Team Sports** speedball, basketball, ult. Frisbee, football, etc.

**Individual Sports** badminton, pickleball, tennis, etc.

**Wellness** yoga, pilates, aerobics, stations, etc.

**Movement** individual stunts, partner balances, and intro to gymnastics.

**Lifeguarding** 2 year Lifeguard/CPR/AED/ First Aid American Red Cross certification course.

**Basic Swim** instructional learn to swim class.

**Partners** partnership with special needs students.

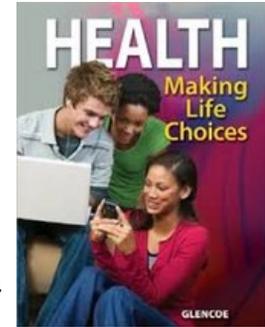
**Aquatic Activities** water polo, basketball, volleyball, diving, snorkeling, aqua games, etc.

**Adventure Outdoor** archery, fly-fishing, canoeing, camping, group management, etc.

**Intro to Careers in Sport/Physical Education** teacher, coach, personal trainer, physical therapist, athletic trainer, etc.

## Health

Health provides the students with the knowledge and skills that enable them to achieve



and maintain a healthful life, not only during their time in school but for a lifetime. Health is an integral part of a balanced educational program. Children who are healthy increase their chances of achieving their highest academic potential and are better able to handle the



Male Locker Room  
412-885-7500 ext. 8441

Female Locker Room  
412-885-7500 ext. 8451