

TMS MISSION STATEMENT

Bee Hozhoogo Tsehootsooi Middle School fosters a safe learning environment that provides for a broad range of experiences learning to academic growth technological literacy, and self-confidence for all students.



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2025-2026

PHYS+A4:AU31ICAL EDUCATION QUARTER 1




MONITORING SHEET

Grade 7

TMS VISION STATEMENT

Naasgo Tsehootsooi Middle School will empower Dine scholars committed to life-long learning that enriches their lives, their culture, and their environment.

7TH HOUR WEEK 1

DATE	MONDAY 8/4/2025									TUESDAY 8/5/2025									WEDNESDAY 8/6/2025									THURSDAY 8/7/2025									FRIDAY 8/8/2025																							
TOPIC	Orientation									PPFT-Height/Weight									PPFT-Sit up/Push up									PPFT-Sit & Reach/Standing Long Jump									Completion of Activity																							
ACTIVITIES	PRACTICAL ACTIVITY									PRACTICAL ACTIVITY									PRACTICAL ACTIVITY									PRACTICAL ACTIVITY									PRACTICAL ACTIVITY																							
PERFORMANCE	BEHAVIOR & PARTICIPATION									BEHAVIOR & PARTICIPATION									BEHAVIOR & PARTICIPATION									BEHAVIOR & PARTICIPATION									BEHAVIOR & PARTICIPATION																							
	1			2			3			1			2			3			1			2			3			1			2			3			1			2			3			1			2			3								
STUDENTS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3												
1																																																												
2																																																												
3																																																												
4																																																												
5																																																												
6																																																												
7																																																												
8																																																												
9																																																												
10																																																												
11																																																												
12																																																												
13																																																												
14																																																												
15																																																												
16																																																												
17																																																												
				WARM-UP					1	NEEDS IMPROVEMENT																																																		
				ACTIVITIES					2	MODERATE																																								BEHAVIOR					PARTICIPATION		T - Tardy		 Absent	
				COOL DOWN					3	VERY GOOD																																																		

BEHAVIOR



PARTICIPATION

T - Tardy
● Absent

PREPARED

TEOFILO C. PALOMARES JR.

TMS-PE TEACHER

