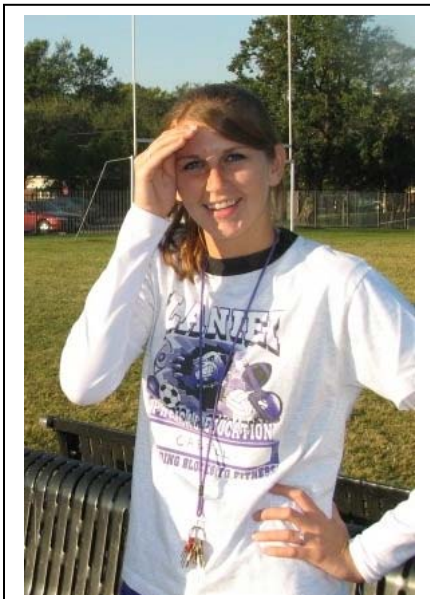


7th Grade PE/HEALTH

acabell@houstonisd.org

Purple Day	Red Day
P1—Class	R1— Conference Period
P2—Class	R2—Class
P3—Conference Period	R3—Class
P4--Class	R4—Class



Unit Schedule:

Unit:	Beginning Date:
Wellness	8/31
Football	9/29
Bowling	10/19
Softball	11/9
Health	11/30-1/5
Basketball	1/25
Soccer	2/16
Track Tumbling	3/8
Racquet Sports	4/5
Choices	5/17
Olympic Challenge	5/21

Hello! I am Coach Cabell! I am going on my 5th year teaching at Lanier. I coach 8th grade Volleyball and 8th grade Basketball. I graduated from HBU in 2005 with a KINE/EDUC Major. I played volleyball at HBU and we were runner up at the NAIA Nationals Tournament in 2002. I went to Northwest Academy, now called Houston Christian High School, and I played volleyball, basketball, softball, track and was a cheerleader for the school. I was also a gymnast at Bela Karoli's Gym for 7 years. I guess you can say that I love sports! Feel free to email me at any time.