

Patriot Oaks Academy Middle School Physical Education 2025-2026



Coach Brossart
Coach Monsanto

Brossart's Schedule:

1st – Planning

2nd – 6th Grade PE

3rd – 7th Grade PE

4th – 6th Grade PE

5th – 6th Grade PE

6th – 6th Grade PE

7th – 7th Grade PE

Monsanto's Schedule:

1st – Planning

2nd – 7th Grade PE

3rd – 8th Grade PE

4th – 7th Grade PE

5th – 8th Grade PE

6th – 8th Grade PE

7th – 8th Grade PE

Brossart's Bio:

From: Dowagiac, MI
Years Teaching: Double
Digits
Years at POA: Since the
beginning
Favorite Sports Team:
Notre Dame, Cincinnati
Bengals, Boston Celtics

Monsanto's Bio:

From: Palm Coast, FL
Years Teaching: 6
Years at POA: 3
Favorite Sports Team: Liverpool
FC

Earning Grades



- Class Preparedness – Dressed in P.E. uniform and appropriate footwear to participate
- Participation – Engaged in the daily lesson to demonstrate knowledge of activity/game/sport
- Notebook – All students will be expected to maintain an ISN – Interactive Student Notebook as described
- Fitness Testing – Fitness activities to improve all areas of health-related fitness

Dress Out

- Need:
 - POA PE Shirt
 - POA PE Shorts
 - Athletic Shoes
- If you need to purchase, you may do so through SchoolPay
 - \$15 – Shirt
 - \$10 – Shorts
- We will dress out Every Single Day of the School Week Except Wednesday

CHARGERS



Interactive Notebook

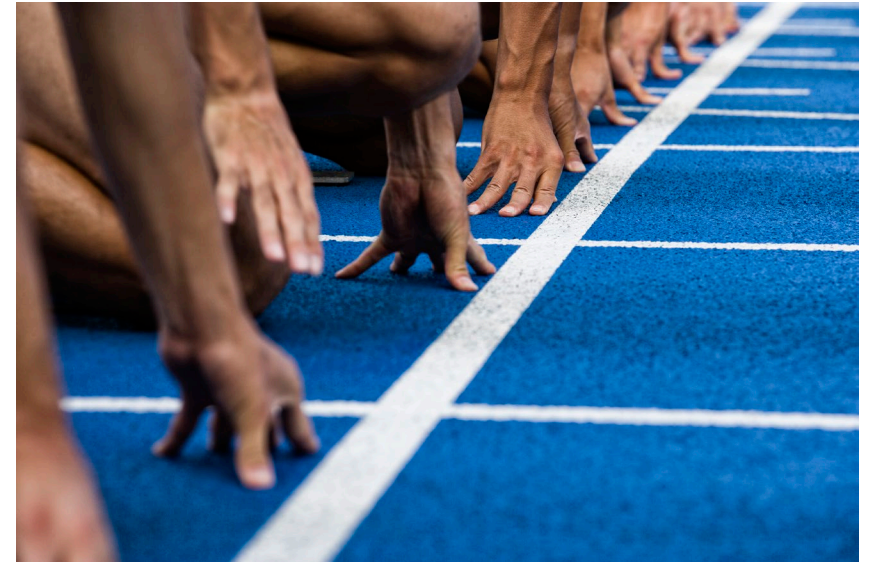
- Need Notebook and Pencil dedicated to PE, leave in PE Locker
- Used for:
 - Tracking Progress on Fitness Scores
 - Setting Goals
- Students will receive grades for notebook checks



Fitness Testing

We will practice and test in the following areas throughout the year and student's will track their progress in their notebooks:

- Half Mile – Cardiorespiratory Endurance
- Mile – Cardiorespiratory Endurance
- 20 Meter Pacer – Cardiorespiratory Endurance
- Push Ups – Muscular Endurance
- Planks – Muscular Endurance
- Sit/Reach - Flexibility
- Sit Ups – Muscular Endurance





Schoolology

- **Materials Folder** Will Contain Items Such As:
 - Syllabus
- **Messages:**
 - Please utilize this feature to reach out to your PE Teacher with any questions.
- **Updates:**
 - These will be used to send out important information for the class

Contact Information

Coach Brossart –
Amanda.Brossart@stjohns.k12.fl.us

Coach Monsanto –
Nicholas.Monsanto@stjohns.k12.fl.us

Messages can also be sent through Schoology.
Feel free to reach out if you have questions.