

PHYSICAL EDUCATION & HEALTH

Physical Education and Health 4

This class focuses on cooperative and adventure games, practice of manipulative and loco-motor skills in game settings and basic understanding of team games. An emphasis is put on problem solving, appropriate social behavior/sportspersonship and teamwork. Students will also follow the Fitness Gram module while recording fitness scores. Health units include, bus safety, nutrition, personal hygiene and the importance of physical fitness.

Physical Education and Health 5

The fifth grade physical education program provides each student with the opportunity to participate in a comprehensive program consisting of skill development, individual and team sports, and physical fitness activities. The main goal of the program is to emphasize the motor and skill development that is needed to have satisfying experiences. The program promotes the spirit of cooperation, leadership, fair play, teamwork, and friendly competition. Mini health units include bus safety, personal hygiene, the growing body and the physical and emotional changes that occur, physical fitness, nutrition, and brain awareness.

Physical Education and Health 6

This multifaceted class has two components: physical education and health. Physical Education focuses on equipping students to make responsible decisions, learning to work with others on a team, sportspersonship, and the importance of incorporating healthy physical activities into daily living. Students will continue to work on manipulative and loco-motor skills in various game settings. Students will also follow the Fitness Gram module while recording fitness scores. The health curriculum includes units on nutrition, backpack awareness and posture, bus safety, brain and spinal cord care, puberty, and physical fitness.

Physical Education and Health 7

Students are exposed to a variety of activities as an individual, partner, or team member. Seventh graders focus on basic skill development and learning basic rules

and strategies. Students learn the importance of keeping fit by performing life-long fitness activities that ensure a healthy lifestyle. Students will also use their iPad along with the Daily Fit Log program to record and analyze fitness scores throughout the year. This course also includes a health component covering topics on physical fitness, nutrition, human sexuality, first aid, and tobacco.

Physical Education and Health 8

Health 8 will promote awareness of physical, mental, emotional and social developmental needs for optimal health throughout one's life by understanding that health is multidimensional and the elements of health are interconnected.

Health topics include components of health (emotional, social, intellectual, environmental, spiritual, intellectual), vaping, emotional and mental health, sexual health, and addiction. Physical education 8 is designed to promote lifelong wellness through social and physical activity. Students will be empowered to develop positive behaviors through participation in a variety of group activities, team sports and personal fitness in a supportive environment that encourages them to lead healthy lives, make positive choices, respect themselves and others, work hard and gain confidence.