



All students are required to participate in physical education/health at the middle school level. Physical education classes are co-educational. There is a uniform requirement of blue sweat pants or shorts, gray sweatshirt or t-shirt, and athletic shoes for all students.

Physical Education/Health - Grade 6 (Full Year)

The physical education program is designed to provide students with a variety of physical activities that will contribute to skill development, physical fitness, social and emotional growth, knowledge of self, and team activities. The emphasis in Grade 6 is on the development of a strong skill base. Developmental activities include *tumbling, cross country, weight training, jump rope, and line dance*. Other activities include *soccer, basketball, pickleball, volleyball, bowling, softball, and badminton*.

The grade 6 health education course is a nine week course which replaces one quarter of the physical education curriculum. In grade 6, students will be focusing on mental health, safety, and injury prevention. Students will be taking an active role in their personal and social skills development.

Physical Education/Health - Grade 7 (Full Year)

The physical education program is designed to provide students with a variety of physical activities that will contribute to skill development, physical fitness, social and emotional growth, knowledge of self, and team activities. The emphasis in Grade 7 is on continuing the development of a strong skill base, while adding more program variety. Additional developmental activities include *aerobics, wrestling, and track and field*. Team sports include *flag football, lacrosse, floor hockey, frisbee games, and speedball*.

The grade 7 health education course is a nine week course which replaces one quarter of the physical education curriculum. In grade 7, students will be focusing on *nutrition and fitness, tobacco, alcohol, and other drugs*. Students will be taking an active role in their personal and social skills development.

Physical Education/Health - Grade 8 (Full Year)

The physical education program is designed to provide students with a variety of physical activities that will contribute to skill development, physical fitness, social and emotional growth, knowledge of self, and team activities. The emphasis in Grade 8 is on expanding skills and strategies learned in previous years, and introducing additional recreational activities. The program is enriched by offering *tennis, archery, table tennis, team handball, and indoor soccer*.

The grade 8 health education course is a nine week course which replaces one quarter of the physical education curriculum. In grade 8, students will be focusing *on family life and human sexuality, as well as and disease prevention and control*. Students will examine how health impacts their personal and social skills development.