

# Grade 7 Health and Physical Education

Full Year (17120)

## **Grade(s) 7**

All Grade 7 students participate in the health and physical education program. The health education program emphasizes what students need to know, understand, and do to achieve a healthy lifestyle. The health education instruction will present positive alternatives to risk behaviors. Students will learn and use skills to resist peer pressure and manage stress. Areas of study include emotional, mental, social and environmental health, safety and emergency preparedness, relationships, substance abuse, disease prevention, and family life education. The physical education program introduces a variety of physical activities that require students to use learned skills and knowledge. Students will demonstrate movement during dynamic and unpredictable game situations. Students will learn to analyze their performance and personal fitness plans through goal setting. Students relate the importance of physical activity to health, specifically obesity and stress.

## **Content Area**

Health & Physical Education

## **Schools**

Dorothy Hamm Middle School

Gunston Middle School

HB Woodlawn Secondary Program

Kenmore Middle School

Swanson Middle School

Thomas Jefferson Middle School

Williamsburg Middle School