Course Overview: Health Education - Wellness - Physical Education

All students will be engaged individually, collaboratively and at times in small group activities in class space to maintain a daily routine which includes developing, comprehending, and applying key concepts to maintain an active and healthy lifestyle through initiatives which blend physical movement, fitness and classroom instruction. 

Key Concepts include: Student’s developing strategies that create opportunities to access reliable information, make responsible decisions, set goals and manage outcomes and expectations. The Six Dimensions of Wellness which are Physical, Social, Intellectual, Spiritual, Emotional, and Occupational provide the foundation for all learning. All learning outcomes are directly tied to the five National Physical Education Standards and the eight National Health Standards.

Units and Activities: What will we be learning about and doing in this course?

The 7th grade Wellness curriculum will be focused from a physical education perspective on individualized activities and self-management. Topics include; defining exercise & physical activity, the benefits of physical activity/exercise, understanding games/foundational game strategies, basic personalized fitness, and the five components of fitness. (jump rope, resistance bands, dance, basketball, bocce, soccer, body weight training, orienteering, other individual activities)

The 7th grade Wellness curriculum will be focused from a health education perspective on the key skills of decision-making in all aspects, accessing accurate health information, identifying/analyzing influences, and understanding multiple forms of communication. Topics include; defining values/identity/influences, healthy coping skills for frustration/anxiety, basics of nutrition/cooking, understanding gender stereotypes, consequences of sexting, understanding nonverbal/verbal communication, marijuana/alcohol/vape/caffeine, body image/self-esteem, and understanding media/advertising techniques.

Standards: What knowledge and skills will I gain by the end of this course?

This course will assess the knowledge and skills students build in key Anchor Standards and Content Standards.

Anchor Standards:

Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Accessing Valid and Reliable Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
**Decision Making:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Self-Management:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Content Standards:** This course builds student knowledge using the National Health and Physical Education standards. You can find the standards here: [https://www.shapeamerica.org/standards/default.aspx](https://www.shapeamerica.org/standards/default.aspx)