

Health, Physical Education and Family Life 6

Students develop the skills, knowledge, attitudes and behaviors that lead to lifetime wellness and fitness. Activities include a variety of aerobic, movement, rhythm/dance and game experiences in which students learn the fundamental rules and practice the lead-up skills that encourage successful participation in sports. Students work cooperatively, exhibit positive sportsmanlike conduct and promote a healthy lifestyle. Health and Family Life are included in the year-long course to present students with information on nutrition, safety and accident prevention, disease prevention and control, alcohol and drug abuse prevention and maintenance of personal health and fitness. The Family Life content focuses on family relationships, sexual safety, assertive behavior, emotional and physical aspects of puberty, human reproduction, and human growth and development.

School Level: Middle School

Grade: 6

Length: full year

Program: Health, Physical Education and Family Life