

Health, Physical Education and Family Life 8

Students develop personal fitness plans that stress involvement in physical activities that assist with physical, mental and social wellbeing. Skills are reviewed and enhanced through participation in more complex physical activities and sports to promote a healthy lifestyle. Health Education covers information on life-skills training, personal health and physical development, and prevention of sexually transmitted diseases, including HIV/AIDS. The Family Life unit covers abstinence, contraception, peer pressure, sexual abuse and harassment and changing relationships, and helps students to match behavior to personal values.

School Level: Middle School

Grade: 8

Length: full year

Program: Health, Physical Education and Family Life