

# Health, Physical Education and Family Life 7

Physical Education activities continue with skill progression through instruction and participation in rhythmic activities, dance and individual, dual and team sports. Concepts of personal fitness and wellness are developed through experiences in physical activities as well as in the health classroom. Health Education content gives students information on the interaction of body systems in maintaining good health, conflict-resolution skills and the life skills training to be better prepared to deal with the risk factors associated with drugs and alcohol. The Family Life unit covers human reproduction, communicable diseases, HIV/AIDS, abstinence, contraception, communication and personal goal setting.

**School Level:** Middle School

**Grade:** 7

**Length:** full year

**Program:** Health, Physical Education and Family Life