

Curriculum – Grade 7 Health/Physical Education

	Health	Physical Education
What your child will learn	<ul style="list-style-type: none"> • Various aspects of mental, physical and social health and how they are related • The structure and function of the Skeletal, Muscular, and Cardio/Respiratory Systems • The effects of drug, alcohol and tobacco use as well as techniques for their avoidance 	<ul style="list-style-type: none"> • How moderate to vigorous physical activity affects heart rate • Social skills that enable success in competitive and cooperative activities • Key elements of movement in exercise and sport • How to incorporate physical activity into a daily routine
What your child will do	<ul style="list-style-type: none"> • Develop skills to make healthy lifestyle decisions • Identify components of health as they relate to the well-being of individuals/families • Research current information about drug use relevant to their age • Identify aspects of the Skeletal, Muscular, Cardio/Respiratory Systems and examine their relationship to the body 	<ul style="list-style-type: none"> • Participate in moderate to vigorous physical activities in individual and team sports • Participate in exercises to develop physical fitness • Participate in fitness testing • Discover life-long physical activities
What you'll see (products)	<ul style="list-style-type: none"> • An understanding of the importance of making healthy choices • Increased understanding of the various body systems' and their function within the body. • Increased awareness of peer pressure and societal trends regarding drug use/abuse 	<ul style="list-style-type: none"> • Plans for life-long fitness and goals for improvement • Measurements of the student's own physical performance in certain activities/skills
How you can	<ul style="list-style-type: none"> • Communicate with your child about good personal 	<ul style="list-style-type: none"> • Visit your local community centers to become involved in physical

help	hygiene and making healthy decisions <ul style="list-style-type: none">• Support your child as they use the information they learn to make good health decisions• Communicate with the health education instructor at your school regarding questions or problems involving adolescent health• Monitor homework and your child's grades online	activities <ul style="list-style-type: none">• Encourage your child to participate and support his/her involvement in activity-based programs• Communicate with the physical education instructor at your school• Monitor homework and your child's grades online
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