

# Physical Education / Life Skills

## **M3PE**

*Semester course, quarters 1 and 3 or 2 and 4, required of 7th and 8th graders.*

M3PE affords students the opportunity to learn health related topics, improve skill level, and master game play. The physical education program offers a wide variety of activities to assist students in developing interests and skills. The goal is to provide enjoyable activities in which the students can meet with success. Individual, team, lifetime, and fitness units are offered. The lessons focus on participation, fundamentals, sportsmanship, motor skills, and student interaction.

## **Life Seminar 7 & 8**

*Quarter course, required for both 7th and 8th graders*

In these courses, students are introduced to multiple themes that help them explore relevant topics and real world issues. While examining their own beliefs, values, and experiences, students evaluate how difficult decisions impact themselves and others. Through respectful dialogue and reflection, students explore what it means to be a part of a community and their contributions to the communities to which they belong. While developing important communication skills, students gain awareness of how to navigate the difficulties of adolescent life and experiences.