

Middle School
Health & Physical Education

7th Grade Health/Fitness

Overview

The Middle School Health and Physical Education department continue to use the Pennsylvania State Standards to create meaningful lessons based on the individual benchmarks outlined in the standards. These standards can be found here.

The Pennsylvania Department of Education has outlined 5 categories for their standards in health and physical education. Students, at all grade levels, work on standards for concepts of health, healthful living, safety and injury prevention, physical activity, and concepts, principles, and strategies of movement. Each of the standards has prescribed benchmarks that students work to achieve. The benchmarks for each standard describe what students should know and be able to do by the end of the third, sixth, ninth, and twelfth grades.

7th Grade Health/Fitness includes the following units:

- **Healthy Sleep Patterns**
  - *Based on Concepts of Health 10.1.9 B, C, and E*
- **Time and Stress Management**
  - *Based on Healthful Living 10.2.9 C and D, Safety and Injury Prevention 10.3.9 C and Physical Activity 10.4.9 B*
- **Interrelationship between Social, Emotional, and Physical Health**
  - *Based on Concepts of Health 10.1.9 A, and B*
- **Introduction to Fitness**
  - *Based on Physical Activity 10.4.9 A, B, C, D, E, and F and Concepts, Principles and Strategies of Movement 10.5.9 D and E*