

COURSE TITLE:	Health and Physical Education – Grade 7
PREREQUISITE:	N/A
DESCRIPTION:	Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 7th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:
PE:	<p>Skilled Movement The student will demonstrate competence in modified versions of various game/sport, rhythmic, and recreational activities.</p> <p>Movement Principles and Concepts The student will understand and apply movement principles and concepts.</p> <p>Personal Fitness The student will apply concepts and principles of training to improve physical fitness.</p> <p>Responsible Behaviors The student will work independently and with others in cooperative and competitive physical activity settings.</p> <p>Physically Active Lifestyle The student will select and participate in physical activity to produce health-related benefits.</p>
HEALTH:	<p>Knowledge and Skills The student will use knowledge of health concepts to make decisions related to personal safety and wellness; will describe and exhibit the behaviors associated with a physically active and healthy lifestyles.</p> <p>Information Access and Use The student will investigate and analyze the various factors that guide an individual’s decisions about health and wellness.</p> <p>Community Health and Wellness The student will describe how family and community priorities influence an individual’s ability to reduce diseases and other health problems; will work cooperatively with others to support and promote healthy schools, families, and communities.</p>
PE TOPICS:	<p>Cooperative Games Lifetime Fitness Activities Individual and Dual Sports Team Sports Lifetime Recreational Activities Rhythmic Activities</p>
HEALTH TOPICS:	<p>Personal Safety and Wellness Active and Healthy Lifestyles Making Healthy Choices Personal and Community Health Promotional of Healthy Practices Family Life Education (FLE)</p>
CREDIT INFO:	N/A