

<b>COURSE TITLE:</b>	<b>Health and Physical Education – Grade 8</b>
<b>PREREQUISITE:</b>	N/A
<b>DESCRIPTION:</b>	Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 8th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:
<b>PE:</b>	<p><b>Skilled Movement</b> The student will demonstrate competence in one or more modified versions of various game/sport, rhythmic, and recreational activities; will perform skills in several game/sport, dance, and recreational activities.</p> <p><b>Movement Principles and Concepts</b> The student will apply movement principles and concepts to specific sport, dance, and recreational skill performance.</p> <p><b>Personal Fitness</b> The student will apply self-assessment skills to improve or maintain personal fitness.</p> <p><b>Responsible Behavior</b> The student will work independently and with others in cooperative and competitive physical activity settings.</p> <p><b>Physically Active Lifestyle</b> The student will demonstrate a physically active lifestyle, including activity within and outside of the physical education setting.</p>
<b>HEALTH:</b>	<p><b>Knowledge and Skills</b> The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years; apply health concepts and skills to the management of personal and family health; make choices that demonstrate an understanding of the relationship between nutrition and emotional and physical health.</p> <p><b>Information Access and Use</b> The student will interpret and evaluate how health information, products, services, and agencies target adolescents.</p> <p><b>Community Health and Wellness</b> The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community.</p>
<b>PE TOPICS:</b>	<p>Cooperative Games Lifetime Fitness Activities Individual and Dual Sports Team Sports Lifetime Recreational Activities Rhythmic Activities</p>
<b>HEALTH TOPICS:</b>	<p>Health-Risk Behaviors Management of Personal and Family Health Relationship of Nutrition to Emotional and Physical Health Consumer Health Characteristics of Healthy Communities Family Life Education (FLE)</p>
<b>CREDIT INFO:</b>	N/A