

PARENT A GLANCE

Find out what your child is **learning** and how to **help**.



Subject	Wellness - 6th	7th	8th		
Ideas students are learning	Students will learn more about the concepts of health-related fitness, wellness & recreational activities.	Students will learn more about the concepts of health-related fitness & recreational activities.	Students will learn more about the concepts of health-related fitness & recreational activities.		
Skills	Students will develop sound decision-making, conflict resolution, and goal-setting skills as it relates to wellness.	Students will learn ways to work cooperatively in activities and games as well as work as teams to overcome challenges.	Students will continue to learn ways to work cooperatively in games as well as work as teams to overcome challenges.		
Work and assignments to look for	Textbook reading assignments/study for tests.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.		
Questions Parents Can Ask	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?	How did you do on the health related fitness test and what can you be doing to improve your results?		
Special Notes	This course combines concepts of both health and physical education. In PE, students are expected to dress appropriately.	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.	All students are expected to dress appropriately for PE. Contact the PE teacher on how to purchase uniforms.		