

PARENT A GLANCE

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



Subject	Wellness - 6th Grade	7th Grade	8th Grade		
Ideas students are learning	Students will understand the concept of wellness & health-related fitness and its impact on them, their families, & community.	Students will begin to learn ways to resolve conflict appropriately & more about the concepts of health-related fitness.	Students will learn how to demonstrate good sportsmanship & will continue to learn about health-related fitness.		
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.	Students will be asked to share with their families what they learn in PE & ask their families to do the activities with them.	Whenever possible, work on cardio-vascular strength & endurance by being active after school & on weekends.		
Questions Parents Can Ask	What are you learning in the health part of your class that relates to the PE part? What do you think of the pedometers?	Have you seen any changes in the amount of steps you are taking or an increase in your activity levels in PE.	What are you doing in PE class that might improve your performance on the fitness test scheduled for October?		
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.		