

SUBJECT	Moving to Wellness	PE-7th Grade	PE-8th Grade		
Ideas students are learning	Students will learn about nutrition and its impact on wellness & the importance of being a team player.	Students will spend time in Individual & Team Sports with an emphasis on skills, sportsmanship and teamwork.	Students will spend time in Individual & Team Sports with an emphasis on skills, sportsmanship and teamwork.		
Skills	Students will learn new team games while incorporating skills, teamwork, and strategies for success.	Students will learn new games while incorporating skills, teamwork, and strategies for success.	Students will learn new games while incorporating skills, teamwork, and strategies for success.		
Work and assignments to look for		Students may be asked to participate and possibly keep a record of their aerobic activity before or after school.	Students may be asked to participate and possibly keep a record of their aerobic activity before or after school.		
Questions Parents Can Ask	Ask your child to describe several unhealthy dietary practices and discuss why they are unhealthy?	What are you doing in PE class that might improve your performance on the fitness test at the end of the first six weeks?	What are you doing in PE class that might improve your performance on the fitness test at the end of the first six weeks?		
Special Notes	This is a course that combines the concepts of both health and physical education.	All students are expected to dress appropriately for PE classes. Each school will have information on this.	All students are expected to dress appropriately for PE classes. Each school will have information on this.		