Physical Education & Health

All students in grades six, seven, and eight will be scheduled for physical education and health education for at least 45 days each year. All students are required to wear a school approved uniform while participating in physical education activities.

Health Component

Students in grades 6, 7, and 8 receive Health instruction for at least 15 days as part of the state mandated Comprehensive Health Education Program. The student outcomes are developmentally appropriate and include what students should know and be able to do in the following areas:

- Mental and Emotional Health
- Alcohol, Tobacco and Other Drugs
- Personal and Consumer Health
- Family Life and Human Sexuality
- Safety and Injury Prevention
- Nutrition and Fitness
- Disease Prevention and Control

The 21st Century Competencies of decision making, goal setting, accessing information and communication skills are imbedded throughout all of the units of study of each grade level. Emphasis is placed on the ability to access school, home and community health resources.

Note: The family life and human sexuality unit, and HIV/AIDS prevention education were developed in accordance with the standards and procedures established in Maryland State Regulation 13A.04.18.01. Students may be excused from these units of the program upon a written request from their parent or guardian. Appropriate alternate instruction will be provided.

L0601/2/3 | Fitness & Health 6 08036/1500

The physical education program includes skillfulness, exercise physiology, biomechanical principles, social psychological principles, motor learning, and physical activity. Fitness components are embedded throughout all instruction. Students will be introduced to an array of components, themes, and activities which address each of the content standards. Students’ physical fitness will be assessed through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments are sent home. Health education (see Health Component, above) will be offered during this course. For selected Magnet Middle Schools, this course may be offered in a semesterized format.

L0701/2/3 | Fitness & Health 7 08037/1500

In the seventh grade, students progress and refine skills toward content mastery in all areas of fitness and sport. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments are sent home. Health education (see Health Component, above) will be offered during this course. For selected Magnet Middle Schools, this course may be offered in a semesterized format.

L0801/2/3 | Fitness & Health 8 08038/1500

The activities and experiences that students engage in during the eighth grade are designed to provide continued opportunity for content mastery while emphasizing the relevance and importance of physical fitness. Units determined by the teacher afford students with the ability to build upon previously learned components and extend comprehension of necessary skills to lead a healthy life. Students will be assessed in physical fitness through the administration of FitnessGram, a battery of tests used to determine levels of fitness. Reports of these assessments are sent home. Health education (see Health Component, above) will be offered during this course. For selected Magnet Middle Schools, this course may be offered in a semesterized format.

L0601/2/3 L0701/2/3 L0801/2/3 | Team Sports 6/7/8 08002/1500

This course places significant attention on the Sport Education Model of physical education. Students electing Team Sports will engage in traditional team sports as determined by the teacher and supported by facility and equipment resources. The emphasis of this course is on physical movement and student engagement. However, player preparation for sport, specific sport conditioning, skill development, and sport psychology are all important aspects in the development of the sports minded student. Additional components afforded to students are opportunities for coaching, refereeing, team management, statistical analysis, tournament facilitation, and spectator etiquette. For selected Magnet Middle Schools, this course may be offered in a semesterized format.