**Health Standards:**
Students will learn the ten leading causes that are related to personal behavior and lifestyle choices. Students will learn the personal health skills best in our environment that supports the development of the development and maintenance of positive health behaviors as well as an understanding of the causes, effects, prevention, and treatment of diseases. Describe ways to reduce risks related to adolescent health problems. Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.

**Physical Education Standards:**
1-3 Demonstrate in a modified situation the basic skills and tactics used for an individual and a dual activity.
2-2 Identify critical elements/learning cues of movement forms that characterize a skilled performance in a particular physical activity or sport.
2-3 Identify the 5 components of Health related physical fitness.
3-1 Monitor his or her own participation in physical activity.
4-1 Achieve the gender and age group health-related physical fitness standards as defined by the Fitnessgram.
4-3 Participate in health-related physical fitness activities outside of physical education class.
6-1 Seek and explore physical activity opportunities that provide personal meaning and enjoyment.

<table>
<thead>
<tr>
<th>Days</th>
<th>Activities</th>
<th>Materials/Assessment</th>
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</table>
| Monday PE   | 1. Dress for class.  
              2. Warm-up, stretches  
              3. Wiffle ball         | Bases, bat, and wiffle ball |
| Tuesday PE  | 1. Dress for class  
              2. Warm-up, stretches  
              3. Wiffle ball         | Same as above          |
| Wednesday Health/PE | Comprehensive Health Videos:  
                       6th Grade: “Friendship: The Good Times and the Bad Times”  
                       7th Grade: “Feelings: Inside, Outside and Upside Down”  
                       8th Grade: “Goal Setting: The Road to Achievement” |                       |
| Thursday Health | 1. 6th Grade: “The New Improved Me”  
                       7th Grade: “Human Reproduction Part 1”  
                       8th Grade: “Human Reproduction Part II”  
                       2. Discussion          | Smartboard             |
| Friday Health | Meet in the Gym – Clean and check lockers                                  |                       |