

Wellness / Health & P.E. CURRICULUM SUMMARY

The purpose of the summary is to present an overview of the curriculum. Parents, community, and teachers of other disciplines are the intended audience of the curriculum summary.

Physical Activity
Lifelong activities Recreational activities Cooperative/problem solving learning strategies Safety and injury prevention

Fitness
Health components Training principles Fitnessgram Safety and injury prevention Types of exercise

Personal Health/Human Growth & Development
Nutritional choices Endocrine and reproductive system Relationships HIV/AIDS Puberty

Substance Abuse
Effects of drugs on the body systems Identify how media messages influence substance use Influence of external pressures Prevention skills used to reduce drug use