



Lakeview Health and Physical Education



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- **Comprehensive physical development and health programs offer great potential for enhancing the capacity of students' minds and bodies. Extensive research connects the ability to learn to good health. Healthy minds and bodies are basic to academic success and, in later life, enhance the ability to contribute to a productive work environment.**



The goals and standards for physical development and health foster workplace skills, including identifying short- and long-term goals, utilizing technology, following directions, and working cooperatively with others. Problem solving, communication, responsible decision making, and team-building skills are major emphases as well.

From Illinois Physical Development and health learning standards

6th Grade	7th Grade	8th Grade
Track and Field	Track and Field	Track and Field
Flag Football	Flag Football	Flag Football
Field Hockey	Golf	Golf
Bowling	Bowling	Bowling
Volleyball	Volleyball	Volleyball
Square Dancing	Square Dancing	*Ballroom Dancing
Table Tennis	Table Tennis	Table Tennis
Whiffleball	Baggo	Baggo
Strength Training	Strength Training	Strength Training
Pickleball	Pickleball	Pickleball
Badminton	Badminton	Badminton
Soccer	Soccer	Soccer
In-line Skating	In-line Skating	In-line Skating
Softball	Softball	Softball
Basketball	Basketball	Basketball
Floor Hockey		

**Fitness will still be incorporated on a weekly basis

6th grade = 3x per wk.
@10 minutes each day

7th grade = 2x per wk.
8th grade = 2x per wk.
@15 minutes each day



6th Grade Health Topics

- **Mental and Emotional health: stress, self-esteem, communication, positive relationships, bullying prevention**
- **Physical fitness and injury prevention in sports and activities**
- **Body systems**
- **Body growth and development, hygiene**



7th Grade Health Topics

- **Decision making, goal setting, personal responsibility**
- **Tobacco, alcohol and drug awareness and prevention**
- **Avoiding peer pressure**
- **Personal safety, sexual assault and sexual harassment prevention**



8th Grade Health Topics

- **Nutrition**
- **Stress management**
- **Death and dying**
- **Sexuality education including responsible decision making with a focus on abstinence, pregnancy, HIV/ AIDS and STD prevention**