



# PHYSICAL EDUCATION

## HEALTH

### **Sixth Grade PE/Health**

For the month of March, our sixth grade students will be participating in a variety of activities. The students will participate in multiple indoor and outdoor activities. The sixth grade students will also be using our Cardio Room this month. While in the Cardio room, the students will get their heart rates up as we train with different machines and workouts. For our Health Unit, we will explore Healthy Relationships and Sexuality. We will have Health February 25 - March 1.

### **Seventh Grade PE/Health**

For the month of March, our seventh grade students will be participating in a variety of activities. The students will participate in multiple indoor and outdoor activities. We will move from those activities to our Health and Cardio units. While in the Cardio room, the students will get their heart rates up as we train with different machines and workouts. For our Health Unit, we will explore Healthful Relationships and Sexuality. We will have Health March 11 - 15.

### **Eighth Grade PE/Health**

For the month of March, our eighth grade students will participate in multiple indoor and outdoor activities. Our eighth graders will also be in the Cardio Room and Fitness Room. They will continue to perform a variety of workouts that will help build muscular and cardiovascular endurance. For our Health Unit, we will explore Healthy Relationships and Sexuality. We will have Health on March 4 - 8.