

# Curriculum

The Physical Education program at East Lyme Middle School is designed to teach skills, knowledge, sportsmanship, and wellness concepts through participation in a wide variety of physical activities. Students receive instruction from a certified Physical Education teacher every other day throughout the school year.

## **P.E. Curriculum:**

Students may participate in the following activities at some point during their 4-year physical education experience at ELMS: CT Physical Fitness Assessment, Line Dancing, Basketball, Volleyball, Wellness Center, Jump Rope, Team Handball, Tumbling, Circus Arts, Adventure, Touch Football, Futsal, Lacrosse and Speedball.

**Health Curriculum:** Topics are based on a two-year cycle except ANOD's (alcohol, tobacco, & other drugs) must be covered every year.

- 5th and 6th Health – Health topics covered are accident prevention, disease prevention, dimensions of health, and ANOD's.
- 7th and 8th Health – Health topics covered are nutrition, mental health (depression and suicide prevention), consumer & community health, first aid & cpr, and ANOD's .

**As a result of participating in the Physical Education/Health program at East Lyme Middle School, students will be able to:**

- demonstrate competency in a variety of motor skills and movement patterns.
- apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- exhibit responsible personal and social behavior that respects self and others.
- recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.