

Physical Education

- Movement and concepts related to individual sports, team sports, and fitness
- Fitness center
- Fitness testing
- Dress code:
 - o Wickliffe shirt
 - o Dark shorts
 - o Athletic shoes and socks

Health

- 5th grade
 - o Systems of the body
 - Skeletal, Cardiovascular, Respiratory, Muscular, Digestive
 - o Individual project
- 6th grade
 - o Personal health
 - o Physical activity
 - o Nutrition
 - o Peer pressure
 - o Alcohol, tobacco, illegal drugs
 - o Individual project
- 7th grade
 - o Wellness
 - o Bones and muscles
 - o Heart
 - o Sports and fitness
 - o Nutrition
 - o Individual project
- 8th grade
 - o Health skills
 - Communication, decision-making, goal-setting, stress management, self-esteem, and refusal skills
 - o Health and wellness
 - o Nutrition
 - o Physical activity
 - o Alcohol, tobacco, and other drugs
 - o Abstinence and relationships

