

6th Grade

Sandwich Middle School
Physical Education

Physical Activities

Emphasis is skill development

Badminton
Basketball
Football
Hockey
Soccer
Softball
Track and Field
Ultimate Frisbee
Volleyball

Physical Fitness

Daily
Weekly Fitness Day
Fitness Center
President's Fitness Testing
Life Long Fitness
Bowling
Dance
Roller Skating

Team Building

Group Activities
Olympics
Tug-of-War

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Life Skills

Health Promotion

Introduction to Health
Health Triangle
Influences and Impact of
Self-Esteem
Personality Report
Advertising
Health Care Professionals
Germs/Bacteria
Fitness and Nutrition
Heart Rate
Target Heart Rate
Benefits of Exercise
Super Size Me
Video/Worksheets
Personal Meal Log
Health and Wellness

Human Body Systems

Teeth
Skin
Hair
Eyes
Ears
Hygiene

Decision Making Skills

Career Education
Lecture
Packet on Career Availabilities
Study Skills
Organization
Study Guides
Test Taking Skills