

7th Grade

Sandwich Middle School
Physical Education

Physical Activities

Emphasis is rules and strategies

Badminton
Basketball
Football
Hockey
Pickleball
Scooter Hockey
Soccer
Softball
Speedball
Speedminton
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

Dance Routine
Group Activities
Olympics
Tug-of-War

7th Grade

Sandwich Middle School
Life Skills

Health Promotion

Individuality
Friendships
Attitude
Self-Expression
Communication Skills
Speaking
Listening
Stress Education
Fitness and Nutrition
Heart Rate
Target Heart Rate
Benefits of Exercise
Creation of a Recreation Center

Human Body Systems

Sex Education
Puberty
Hygiene
Early Adolescence
Reproductive System
Postponing Sexual Involvement
Q&A about Sex Education

Decision Making Skills

Career Education
Personality Test
Research of Career Choice
Journals of "A Day in the Life"
Study Skills
Organization
Study Guides
Note Taking Skills
Materials Quiz