

8th Grade

Sandwich Middle School
Physical Education

Physical Activities

Emphasis is team play and officiating

- 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
- Team Sports
- Olympics
- Tug-of-War

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Life Skills

Health Promotion

- Self-Expression
- Diseases
- Taking on the World

Human Body Systems

- Sex Education
 - STD's
 - Battle of the Sexes
 - Dating/Relationships
 - Q&A about Sex Education
- Body Systems
 - Circulatory
 - Nervous
 - Respiratory
 - Skeletal/Muscular
 - Endocrine
 - Digestive
 - Reproductive

Decision Making Skills

- Career Education
 - Marriage Project
 - Monthly Budget
- Study Skills
 - Organization
 - Note Taking Skills
 - Materials Quiz
- Drug Education
 - Alters of Stress Levels
 - Personalities
 - Violence Prevention
 - Club Drugs
 - Alcohol, Tobacco, Other Drugs
 - Pressures/Choices