**Curriculum Night 6th-8th grade**

The Physical Education program at Spruce Street encourages being physically active for life. Upper grade PE focuses on providing more options for students. We try to have different activities based on skill level, competitive desire and ability. Keeping it fun and challenging as well is highly stressed.

All classes receive PE once a week for 45 minutes.

Middle School PE will begin this year with the Fitnessgram.

The NYC FITNESSGRAM is an annual fitness assessment for students in grades kindergarten-twelve that helps students and their families develop personal goals for lifelong fitness. The assessments target - Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility and Body Composition. This is not a graded test, the results are confidential and go out at the end of the school year. See this website for more information regarding the Fitnessgram https://www.schools.nyc.gov/school-life/learning/subjects/physical-education

Middle School Units

Soccer

Tennis/Pickleball/Badmitton

Basketball

Floor Hockey

Team Handball

Cooperative Games

Volleyball

Fitnessgram

7th grade students will have Health Class this year. (The Comprehensive Health Smart program) The goal of this program is to promote healthy growth and development of youth and give students skills for making healthy choices that will affect life-long behavior patterns and the quality of their adult lives. This class will meet for 45 minutes once a week the whole year.

All curriculum for Health is provided by the DOE and the topics include:

1. Violence and Injury Prevention
2. Tobacco, Alchohol and Other Drug Prevention
3. HIV, STD and Pregnancy Prevention
4. Emotional and Mental Health
5. Abstinence, Puberty and Personal Health
6. Nutrition and Physical Activity

**Why Physical Education?**

1. Encourages Physical Activity for Life
2. Provides an Outlet for Creativity and Self-Expression
3. Helps Prevent Sickness and Disease
4. Develops Cooperation and Teamwork
5. Builds Self-Confidence
6. Provides Opportunities for Personal Goal-Setting
7. Increases Personal Fitness and Motor Skill Development
8. Helps Reduce Stress and Anxiety
9. Strengthens Relationships with Others
10. Boosts Academic Learning