Department: Health and Physical Education (Wellness)
Course: Physical Education and Health (Wellness) Grade 6-8

Department Goals:

Through a planned, sequential curriculum, Middletown Public Schools strives to educate each student in wellness skills with reference to the State Standards and the Connecticut Frameworks Performance Standards (CSDE) for Physical Education and Health (Wellness).

This curriculum is being revised from the current physical education and health program into a wellness program.

Brief Overview: Grade 6

- Former program: students received physical education for a third of the school year for a total of 50 instructional classes.
- New program: students will receive 90 days of wellness education (60 days of physical education - 30 days of health education.)
- Wellness program rotation:
  - 1 day health education
  - 2 days physical education

Note: Health will also be addressed through the D.A.R.E (Drug Abuse Resistance Education)* program and Social Skills classes.

Brief overview: Grade 7 & 8

- Former program: students received physical education and health separately.
  - Students received 25 days of human sexuality and 25 days of health education.
  - Students received 60 days of physical education.

- The new program will consist of 90 days of wellness.
- Wellness program rotation:
  - 1 day of health education
  - 2 days of physical education
The following topics will be included in the new wellness curriculum:

- Team Activities
- Fitness
- Individual Activities
- Cooperative games
- Respect of Self and Others
- Physicals Changes
- Refusal Skills/Decision Making
- Internet Safety
- Drug and Alcohol Education

Note: Health education will also be supported through the D.A.R.E* program.

*Drug Abuse Resistance Education (D.A.R.E) Program gives students the life skills they need to avoid involvement with drugs, gangs and violence.