

Health and Physical Education

Health Class

As your son or daughter works through the teen years to maturity, a number of physical and emotional changes will take place. This health chapter will address the role the endocrine system plays in regulating hormone secretion, how it affects health, and how it triggers body changes during adolescence. Your teen will learn about the various glands of the endocrine system and how they regulate body functions by secreting hormones into the bloodstream. The chapter will include analysis of the male and female reproductive systems, including anatomical and health maintenance information. Students will learn about health problems relating to reproductive systems, the importance of early warning signs and detection, and methods of preventative care.

Some questions your teen will explore in this chapter include: What are the glands of the endocrine system, and how do they affect body functions. How do health behaviors affect the endocrine system? What are the physical and emotional changes of adolescence, and how are they controlled by the endocrine system? What are the anatomical parts and functions of the male and female reproductive systems? What are the effects of health behaviors on these systems? Why is good hygiene important for maintaining the health of the reproductive system? Why is it important to know about early detection and warning signs related to problems of the male and female reproductive systems? Which problems require professional health care? What role does abstinence play in the prevention of sexually transmitted diseases?

Please reinforce our classroom work by discussing with your son or daughter one or more of the following topics:

- Ask your teen to explain how the endocrine system functions and how it affects body changes during adolescence.
- Discuss with your teen any questions or concerns he or she may have about proper health care of his or her reproductive system.
- Discuss with your teen the role abstinence plays in preventing sexually transmitted diseases. Please plan other activities you think will help your son or daughter develop and maintain healthful attitudes and habits while he or she continues to mature. Thank you for supporting our classroom work.

Girl's Physical Education

Girls Physical Education just completed a unit on volleyball. The students learned and improved on many skills needed to play volleyball competitively. Currently the girl's seventh and eighth grades are learning to properly use the fitness center, while the ninth grade girls are learning archery.

Boy's Physical Education

The past month the boys have focused on partnered activities during P.E class. The games played were badminton, pickle ball, and corn hole. The classes chose their partners for the activities. Each class competed in a round robin style tournament. During game play safety and sportsmanship are a top priority. Students are reminded to communicate with their teammate and to always be aware of their surroundings.

