

Wellness Course Syllabus 2021-2022

The wellness course will include the sports and activities of indoor and outdoor soccer, tennis baseball, softball, touch football, ultimate frisbee, basketball, volleyball, floor hockey, ultimate football, dodgeball, team handball, speedball, sackett, lacrosse and kickball.

The fitness section of the wellness program will include the 1 mile run, 300 yard shuttle run, the fitnessgram, fitness stations, and flexibility training.

The health section will focus on the Botvin Lifeskills Training Module that includes lessons in self-esteem, decision making, alcohol, tobacco (vaping), and drug prevention, resisting peer pressure, coping with anxiety, coping with anger, social skills, assertiveness, conflict resolution, and media influences.