

Lifetime Fitness 8

A local elective course that extends the eighth-grade health and physical education course and its overarching content learning strands: Essential Health Concepts, Healthy Decisions, Advocacy and Health Promotion, Motor Skill Development, Anatomical Basis of Movement, Fitness Planning, Social and Emotional Development, and Energy Balance. This course includes the opportunities to participate in a variety of movement activities and settings including developing and improving one's fitness level and is taken in addition to the required Health and Physical Education 8 course.

Length

Quarter,
Semester

Grades

8

Schools

Bull Run Middle School
Marsteller Middle School
Potomac Shores Middle School
Reagan Middle School
Rippon Middle School
The Nokesville School