

# PHYSICAL EDUCATION AND HEALTH

The Health and Physical Education Department offers courses designed to promote the well-being of the individual: physically, mentally, socially, and emotionally. Self-improvement is essential to success in life. The physical education program and its system of evaluation stresses individual improvement through participation in a variety of courses designed to meet the needs and interests of the students. Evaluation of student performance is completed through homework, readings, research projects, tests, quizzes and written reports. All courses are offered on a coeducational basis in grades 7-12.

## Grades 9-12 Course Descriptions

### **911 INTRODUCTION TO PHYSICAL EDUCATION**

**Grade: 9**

**Required**

**Unleveled**

**Half Year - 2.5 Credits**

This course is designed to introduce students to the important components of the Physical Education curriculum and will encompass the overall goal of what a physically educated person should be. The course is divided into four components: Introduction to Project Adventure (7 weeks), Weight Training and Nutrition (3 weeks), Aerobics (3 weeks), Human sexuality (3 weeks).

**Prerequisite:** None.

Learning Expectations: 4, 5

Tech Competencies: 1, 3, 5

### **912 Introduction to PE and Health 2**

**Grades: 10**

**Required**

**Unleveled**

**Half Year - 2.5 Credits**

This course is designed to expand on the important components of the Physical Education curriculum and will encompass the overall goal of what a physically educated person should be. The course will incorporate health units as well as Project Adventure, Teams Sports, and Strength & Conditioning

**Prerequisite:** None.

Learning Expectations: 4, 5

Tech Competencies: 1

### **913 LIFETIME TEAM SPORTS PHYSICAL EDUCATION**

**Grades: 10, 11, 12**

**Elective**

**Unleveled**

**Half Year - 2.5 Credits**

This course includes Volleyball, Flag Football, Ultimate Frisbee, Softball, Team Handball, and Indoor Soccer. Students who wish to pursue lifetime team sports will learn the importance of maintaining a healthy life-style through active participation in team sports. Students will have the opportunity for advanced skill development. Emphasis will focus on the dynamics of working in a group as well as strategies needed for team play.

Learning Expectations: 4, 5

Tech Competencies: 1

### **917 PROJECT ADVENTURE –OUTDOOR PURSUITS/CABLES AND ROPES**

**Grades: 10, 11, 12**

**Elective**

**Unleveled**

**Half Year - 2.5 Credits**

This course will concentrate on two levels of Project Adventure (outdoor pursuits/cables and ropes) and is designed to reinforce the importance of cooperation, communication, building self-esteem, self-confidence and decision making skills. In Outdoor Pursuits, activities will expand from experiences in Introduction to P.E.; the Project Adventure section. Course content includes: cooperative game presentation to the class, knots, belay techniques, and beginning level climbing. In Cables and Ropes, students will take on leadership roles and responsibilities. Students will be challenged to achieve climbing the high elements, learn to belay for fellow students.

**Prerequisite:** *Introduction to Physical Education.*

Learning Expectations: 4, 5

Tech Competencies: 1

## **SPORT STRENGTH AND CONDITIONING**

**Unleveled**

**919 -- Fall**

**920 -- Spring**

**Grades: 10, 11, 12**

**Elective**

**Half Year - 2.5 Credits**

Offered to 10-12 grade students. This half year activity course will seek to improve an individual's functional sport strength. All Sports have common actions that require the integration of muscular strength, flexibility, core stability, speed, power, and agility. This course will utilize a variety of strength and conditioning techniques to improve one's baseline levels and help reduce your risk of sport related injury. Programs are designed towards your sport related needs. This physically demanding course is ideal for those individuals seeking to improve their skill and sport-related fitness. This course will be offered in the fall and spring.

Learning Expectations: 4, 5

Tech Competencies: 1