

PHYSICAL EDUCATION & HEALTH

PHYSICAL EDUCATION AND HEALTH - 1 ½ CREDITS IN PE and ½ CREDIT IN HEALTH REQUIRED FOR GRADUATION

522 GRADE 9 PE

½ credit

This is a co-educational class open to 9th grade students only. Students usually meet every day for a semester and receive .5 credit toward the 1.5 credits needed for graduation. The primary emphasis of this course is to introduce a wide range of activities to each student. Social skills and responsible personal behavior are highly stressed. Upon completion, students will be able to recognize and understand the importance of physical activity in providing opportunities for enjoyment, challenge, and self-reflection. Enrollment limit to 25.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Develop career, educational, and life planning skills.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

GRADES 10-12

½ credit

All physical education classes are co-educational activities ranging in level from mild classroom activities to strenuous exercise, with some activities being offered at both beginner and advanced levels. Students will have four choices for courses. Activities may include but are not limited to:

523 ADVENTURE ACTIVITIES

This is a co-educational class open to students in grades 10-12. Students usually meet every day for a semester and receive .5 credit toward the 1.5 credits needed for graduation. The primary emphasis of this course is to focus on a variety of recreational and outdoor activities that stress team building. Upon completion, students will have developed problem solving skills, and an appreciation for both outdoor and indoor recreational activities. Activities covered but not limited to, indoor adventure games, walking, hiking, archery, biking, snow-shoeing, hacky sac, trust activities and map and compass activities. Enrollment limit to 20.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Demonstrate civic responsibility and environmental stewardship.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

524 LIFETIME ACTIVITIES

½ credit

This is a co-educational class open to students in grades 10-12. Students usually meet every day for a semester and receive .5 credit toward the 1.5 credits needed for graduation. The primary emphasis of this course will be to gain knowledge and skill in various lifetime activities. Upon completion, students will have learned many alternative activities in non-competitive atmosphere and understand the value of being active throughout their lifetime. Activities covered, but not limited to, include aerobics, kick-boxing, walking, tennis, badminton, pickle ball and nutrition. Enrollment limit to 25.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Develop career, educational, and life planning skills.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

525

TEAM SPORTS $\frac{1}{2}$ credit

This is a co-educational class open to students in grades 10-12. Students usually meet every day for a semester and receive .5 credit toward the 1.5 credits needed for graduation. The primary emphasis of this course is intermediate skill building for team sports. Upon completion, students will be able to identify preferences for types of physical activity that can be pursued for lifetime fitness and recreational purposes. Activities covered, but not limited to, include soccer, basketball, flag football, ultimate games, lacrosse, kickball, speedball and floor hockey. Enrollment limit to 25.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Develop career, educational, and life planning skills.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

526

WEIGHT TRAINING

This is a co-educational class open to students in grades 10-12. Students usually meet every day for a semester and receive .5 credit toward the 1.5 credits needed for graduation. The primary emphasis of this course is to acquire knowledge and appreciation for weight lifting, its techniques, and safe operation of equipment. Students will understand how to safely use equipment and develop their own individualized training plan. Enrollment limited to 16.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Develop career, educational, and life planning skills.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

Student's who cannot meet the requirements of regularly scheduled physical education classes because of medical needs, will be provided with an adapted program set up to meet their individual needs. This program will be scheduled by the PE department and guidance counselor, based on recommendations from the school nurse, after all forms have been filled out by the student's physician and PE teacher.

521 HEALTH

Grades 10-12

 $\frac{1}{2}$ credit

The course content will be broad in scope, covering the principles of health and prevention and care of minor injuries. Specific areas to be covered: personal health and hygiene, nutrition, dental care, maturity, sexually transmitted diseases, communicable diseases, mental health, drugs, alcohol, and tobacco. Enrollment limited to 25.

Student Learning Expectations
1 Develop critical thinking skills across the content areas.
2 Develop problem-solving skills across content areas.
3 Develop communication skills across content areas.
4 Develop career, educational, and life planning skills.
5 Demonstrate knowledge and behaviors that will foster the adoption of healthy lifestyles.
6 Practice civil, non-violent methods of communicating differences, resolving conflicts and collaboration.

INDEPENDENT STUDY – HEALTH

Grade 12

 $\frac{1}{2}$ credit

Same course content as grade 10-12, but this course is designed for seniors or transfer students who have not met the requirement and have successfully completed a course in biology. **Permission from instructor required.**

Student Learning Expectations – PER DESIGN
