

## PHYSICAL EDUCATION / HEALTH

The core concept of *building resilience* is that comprehensive physical and health education enables students to thrive, persevere, and maintain a positive attitude and healthy body. Comprehensive physical education teaches fundamental health concepts, promotes behaviors that protect and enhance their physical, intellectual, emotional and social health, and encourages health-enhancing decision making skills. It is a planned sequence of learning experiences designed to fulfill the growth, development and behavioral needs of each student. It will teach students what physical fitness is and how they can maintain physical fitness throughout their adult lives.

### COURSE DESCRIPTION

The instructional program has as its foundation a common core of learning experiences for all students as expressed in the philosophy. These experiences shall be based on a sequential curriculum for grades 9-12.

**Physical Education/Health - Grade 9** (half year) - Required .25 credit

Physical Education at the 9th grade level places an emphasis on the development of basic movement skills and strategies through the use of lead-up games and drills. Personal fitness concepts are presented as an individual unit in addition to the continuous goal of educating the individual towards lifelong fitness.

Health Education in Grade 9 centers on Family Life Education and Sexuality. This course is designed to make students aware of health risks that may be associated with human sexuality. Included in the course will be information on child abuse, dating violence, birth control, STD's, sexual orientation, teen pregnancy and responsible decision-making. Additionally, a health screening for postural abnormalities is administered to all grade 9 students.

**Physical Education/Health - Grade 10** (half year) - Required .25 credit

Physical Education at the 10th grade level begins with a review of the basic skills previously taught. Activities progress towards intermediate skills through the implementation of controlled scrimmages and coaching. Fitness activities will be incorporated as a continuing process of personal fitness.

Health Education in Grade 10 centers on substance abuse and resistance. Students will be made aware of the problems associated with chemical dependency. Topics included will be decision-making skills, influences, alcohol, tobacco, controlled substances, designer drugs, steroids, smoking cessation, the addiction process and offering help to others.

**Physical Education - Grade 11 & 12** (half year) .25 credit

Lifetime and carryover activities as well as individual and dual sports are more prevalent at the junior and senior level. Basic and intermediate skills and strategies are incorporated into competitive scrimmages. Advanced skills are developed throughout the semester. Having students develop personal fitness routine and encouraging health-enhancing decisions is a priority.

**Personal Fitness – Grade 11 & 12** (half year) .25 credit

This fitness course shall be offered to juniors and seniors. The class will include self-evaluations and instructor guidance to plan a personalized fitness plan designed to enhance body composition, increase flexibility, develop cardio endurance and manage weight. Students will participate in a variety of activities to meet their goals.

**Pilates Beginner Mat Principles - Grade 11 & 12** (half year) .25 credit

This course is a method of body conditioning that focuses on a unique system of stretching and strengthening exercises developed nearly a century ago by Joseph H. Pilates. This class is designed to strengthen and tone muscles, improve posture, provide flexibility and balance, and unite body and mind. Students taking this course will gain an in-depth understanding of the Pilates methodology by learning the Pilates mat program through the Classical Approach. Each mat exercise will be broken down and studied to give students a deeper comprehension of the Pilates method of body conditioning as well as create a stronger sense of awareness and control within their own body.