

Course Description Health & Physical Education

The Health and Physical Education curriculum is a comprehensive program that promotes overall wellness. 9th and 10th grade students will complete 3 mandatory Physical Education units per year.

Rotation 1	Football/Soccer or Indoor Sports/Games	Fitness/ Badminton/Wellness	Volleyball/Wellness/ Fitness/Basketball
Rotation 2	Lacrosse/Field Hky or Indoor Sports/Games	Track/ Pickleball/Wellness	Volleyball/Wellness/ Fitness/Basketball

11th and 12th grade students will select 3 elective Physical Education units per year.

Badminton	Basketball	Field Hockey	Floor Hockey
Football	Indoor Games	Jogging	Lacrosse
Pickleball	Softball	Soccer	Tennis
Volleyball	Wellness	Weight Training	

Each unit will be a marking period in length and consist of 2 or more activities. All students will be expected to demonstrate and understand the following components of fitness:

Body Composition, Cardiovascular Endurance, Flexibility, Speed, Reaction, Muscular Endurance, Muscular Strength, Agility, Balance, Coordination, and Power

Health units will explore 2 health related areas and will be a marking period in length.

The freshman health unit includes Harmful Substances and Driver Education. During the Harmful Substance segment of the unit, students will receive information ranging from alcohol and substance abuse and misuse to the more complex issues facing teenagers and adults in today's society. Driver Education exposes students to all phases of driving and the responsibilities that are associated with driving. This is a theory class and does not include actual "Behind the Wheel" training.

The sophomore health unit includes Family Life and CPR/First Aid. Family Life topics include self-awareness, values, communications, and decision-making skills. While some sensitive issues are explored, the primary focus is to provide general information to support the more in depth discussions during junior year health. CPR/First Aid provides the student with the opportunity to earn American Red Cross certification in First Aid, CPR, and the use of the defibulator (AED).

The junior health unit includes Human Sexuality and Current Health Issues. Human Sexuality provides students with knowledge concerning birth control, pregnancy, birth and parenting. Students will be given information that will enable them to make responsible decisions that will affect the rest of their lives. Current Health Issues will

provide information about the various health issues in our society today. Students will acquire an awareness of agencies that are available as a source of assistance to them.

The senior health unit includes Current Health Issue Research and Defensive Driving. Current Health Research provides students with the opportunity to investigate and discuss some of the more perplexing health issues of their choice. Each student will be part of a group that produces a research paper and oral report from a list of current topics. The Defensive Driving segment of the unit is affiliated with the National Safety Council. Materials covered include hazard recognition, collision prevention and driving violations. Students passing the safety test may be eligible to receive auto insurance reductions.