

PHYSICAL EDUCATION AND HEALTH DEPARTMENT COURSE OFFERINGS

MARKING PERIOD 1 & 2

<u>Grade</u>	<u>Course Title</u>	<u>Course Number</u>
9	Physical Ed.	PE-100A S1
10	Physical Ed.	PE-200A S1
11	Physical Ed. Health	PE-300A Q1 PE-301 Q2
12	Health Physical Ed.	PE-401 Q1 PE-400A Q2

MARKING PERIOD 3 & 4

<u>Grade</u>	<u>Course Title</u>	<u>Course Number</u>
9	Physical Ed. Health	PE-100B Q4 PE-101 Q4
10	Health Physical Ed.	PE-201 Q4 PE-200B Q3
11	Physical Ed.	PE-300B S2
12	Physical Ed.	PE-400B S2

INTRODUCTION

HEALTH:

The health curriculum, or life skills curriculum as it is now called, is designed to foster self-responsibility and the skills to promote a long responsible life. The focus is on student decision-making by giving the information students need to understand various aspects of health and wellness, and to provide the instructional strategies to help students evaluate information so that they can make wise health and life style choices.

The 9th grade curriculum focuses on self esteem and the building of positive self-worth. Also included in the unit is decision making, values clarification and communication skills. Alcohol and drug awareness is discussed as well as the state mandated AIDS education.

The 10th grade curriculum consists of Driver Education theory, drug, alcohol and tobacco education.

The 11th grade curriculum includes mental and emotional health, drug, alcohol, tobacco education, nutrition, first aid, CPR, and AIDS education.

The 12th grade curriculum focuses on family life issues, relationships, parenting, the study of physical and social problems in our society and AIDS education.

Health instruction is augmented with guest speakers, film and videos, oral and written reports, weekly current events discussions, periodic quizzes and a final examination.

Students who are medically excused for the year must take health during the quarter in which their grade is scheduled.

PHYSICAL EDUCATION:

Physical education is designed to foster a greater understanding of the major role of exercise and fitness. Team sports and game activities will be included. In addition to the main fitness objectives, team.

Emphasis is on health and fitness practices that will affect the students' total well being and lead to a lifetime of good health and personal happiness. The focus will be on improving the personal fitness levels of all students in all grades. Written tests, skill tests, together with degree of participation, preparation for class, and attitude, will determine a student's mark.

The Physical Education program consists of an elective program grades 9-12. This allows the students the opportunity to choose from the course offered.

MEDICAL EXCUSES

- A. From 3 days to 4 1/2 weeks the student must present a:
1. Doctor's note to nurse* (time frame for excuse).
 2. Nurse's notification to physical education teacher and the Health and Physical Education Director.
- B. More than 6 weeks (same procedure as "Less than Six Weeks" but with one exception):
1. A student may select an elective subject in place of the medically excused physical education program. This must be arranged through Guidance and the Health & Physical Education Director must be notified.
- *Doctors' notes must be presented prior to implementation of the medical excuse program.

9TH GRADE HEALTH

Self Esteem
 Decision-making tools
 Communication Skills
 Family Living
 Drug/Alcohol/Tobacco Education
 AIDS Education
 DARE Education

10TH GRADE HEALTH

Driver Ed Theory
 AIDS Education
 Drug/Alcohol/Tobacco Education

11TH GRADE HEALTH

Emotion's Effect on Behavior
 Emotion's Effect on Physical Mental Mechanisms
 Neuroses
 Psychoses
 Treatment of Mental Illness
 Alcohol/Drug/Tobacco Education
 Family Living
 AIDS Education
 Nutrition
 First Aid
 CPR

COURSES OFFERED GRADES 9-12

PHYSICAL EDUCATION

A. Team Sports (Beginner)

Basketball
 Field Hockey
 Floor Hockey
 Football (flag or touch)
 LaCrosse
 Soccer
 Softball
 Speedball
 Volleyball

A. Team Sports

Basketball
 Field Hockey
 Floor Hockey
 Football (flag or touch)
 LaCrosse
 Soccer
 Softball
 Speedball
 Volleyball
 Frisbee

A. Team Sports

Floor Hockey
 Football (flag or touch)
 Soccer
 Softball
 Volleyball
 Frisbee

B. Individual Sports (Basic)

Aerobic Exercise
 Jogging
 Physical Fitness
 Track & Field
 Weight Training

B. Individual Sports

Aerobic Exercise
 Jogging
 Physical Fitness
 Track & Field
 Weight Training
 Tae-Bo
 Golf

B. Individual & Lifetime Sports

Aerobic Exercise
 Badminton
 Frisbee
 Physical Fitness
 Tennis
 Weight Training
 Aerobic Dance
 Basketball
 Dance (Folk & Social)
 Line Dance
 Project Adventure

12 GRADE HEALTH

Sexuality
Family Living
Child Abuse
AIDS
Parenthood
Death & Dying
Physical Fitness
Consumerism
Alcohol/Drug/Tobacco Education

A. Team Sports (Advanced)

Football
Soccer
Softball
Volleyball
Floor Hockey
Touch Football
Team Handball

B. Individual & Lifetime Sports (Advanced)

Aerobic Exercises
Badminton
Frisbee
Physical Fitness
Tennis
Weight Training
Golf

C. Electives (Advanced)

Aerobic Dance
Basketball
Dance (Folk & Social)
Gymnastics (Apparatus)
Wrestling
Yoga
Tae-Bo
Line Dance
Project Adventure