

# PHYSICAL EDUCATION AND HEALTH

Course Title	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>Required Courses:</b>					
Physical Education 8	X				
Health 8 (Quarter)	X				
Physical Education 9/10		X	X		
Health 9 (Quarter)		X			
<b>Electives:</b>					
Performance & Strength I			X	X	X
Performance & Strength II			X	X	X
Personalized PE I				X	X
Personalized PE II				X	X

## Physical Education 8

**Course #:** 0165 – Semester Required Course

**Grade Levels:** 8

**Prerequisites:** None

**Course Description:** The fitness based emphasis of this course is to develop teamwork, promote a healthy lifestyle, and develop skills for lifetime sports. The activities may include invasion games, net/wall games and target games. The course will include fitness testing, weight training, swimming (stroke development), and aerobic fitness.

**Instructional Methods and Assessments:** Instruction will include teacher demonstrations, lecture, skill practice, and written study guides. Assessments include: written and skill tests, fitness goal planning and reflection, and the use of heart rate monitors. Long term fitness goal setting will also be a part of the grade mark.

**Basis for Student Success:** Students are to have appropriate physical education clothing daily. Students are to provide a consistent high level of effort and positive attitude throughout the class period.



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## Health 8

**Course #:** 0166 – Quarter Required Course (combined with 8th Grade Seminar for semester)

**Grade Levels:** 8

**Prerequisites:** None

**Course Description:** The class will focus on CPR/AED/FIRST AID, Chemical Abuse (tobacco, alcohol, and marijuana), and communication/relationships.

**Instructional Methods and Assessments:** The class is presented in a blended learning format where students will utilize a self-paced digital curriculum as well as classroom instruction. Formative and summative assessments on knowledge and skills, including CPR skills testing.

**Basis for Student Success:** Daily work and skill work on mannequins and keeping pace on the digital health curriculum. Students will need to independently make progress on the digital curriculum.

## Physical Education 9/10

**Course #:** 0167 – Required Course

**Grade Levels:** taken in either grade 9 or 10

**Prerequisites:** Successful completion of PE 8

**Course Description:** The fitness based emphasis of this course is to develop teamwork, promote a healthy lifestyle, and develop skills for lifetime sports. These skills will be taught in activity categories such as Invasion Games, Net/Wall Games, Cooperative Games, Striking and Fielding Games, and Target Games. The course will also include a swimming unit focused on water safety skills such as water entry, survival floats, survival strokes, snorkel/mask use, water rescues, and small craft survival skills.

**Instructional Methods and Assessments:** Instruction will include teacher demonstrations, lecture, skill practice, and written study guides. Assessments include: written and skill tests, fitness goal planning and reflection, the use of heart rate monitors, and a personal fitness reflection.

**Basis for Student Success:** Students are to have appropriate physical education clothing daily. Students are to provide a consistent high level of effort and positive attitude throughout the class period.

## Health 9

**Course #:** 0168 – Quarter Required Course (combined with Speech 9 for semester)

**Grade Levels:** 9

**Prerequisites:** None

**Course Description:** Health 9 will take the topics within the Centers for Disease Control six Health Priority Areas and promote healthy decision making within each. Topics will include: chemical abuse, nutrition, sex ed, goal setting, stress management, and depression. Students will develop an in-depth knowledge on each through research and debate as well as looking at the social issues related to each.



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**Instructional Methods and Assessments:** Debate, research, journaling, class discussion. The class is presented in a blended learning format where students will utilize a self-paced digital curriculum as well as classroom instruction. Formative and summative assessments on knowledge and skills.

**Basis for Student Success:** Classroom discussions and digital discussions will be a large part of the class curriculum. An expectation of daily participation is required. Students will need to independently make progress on the digital curriculum.

## Performance and Strength I

**Course #:** 0169

**Grade Levels:** 10-12

**Prerequisites:** Successful completion of Physical Education 9/10

**Course Description:** Students taking this class will participate in a beginning and intermediate level of weight training, speed training, and plyometric training. This class is geared toward students who want to learn how to write a well rounded strength and sport performance program that is individual and sport specific to the student. Students will learn proper lifting techniques and safety guidelines when working out. Activities will include resistance training, speed/running training, and plyometric training. This class may only be taken once.

**Instructional Methods and Assessment:** Instruction will include weight lifting practice, speed training, and teacher demonstrations. Students create their own weight training program through excel and google sheets as a semester long project. Students will also be graded on engagement, participation, and effort.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

## Performance and Strength II

**Course #:** 0170

**Grade Levels:** 10-12

**Prerequisites:** Successful completion of Performance and Strength I.

**Course Description:** Students taking this class will participate in an intermediate and advanced level of weight training, speed training, and plyometric training. This class is geared toward students who have completed Performance and Strength I and want to continue with a fitness or sport performance program that is individual and specific to the student. Students will learn proper lifting techniques and safety guidelines when working out. Activities will include resistance training, speed/running training, and plyometric training. This class may only be taken once.

**Instructional Methods and Assessment:** Instruction will include weight lifting practice, speed training, and teacher demonstrations. Students create their own weight training program through excel and google sheets as a semester long project. Students will also be graded on engagement, participation, and effort.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.



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## Personalized PE I: Choose Your Own Activity

**Course#:** 0171 – Semester Elective

**Grade Levels:** 11-12

**Prerequisites:** Successful completion of Physical Education 9/10

**Course Description:** Students taking the Choose Your Own Activity class will be able to choose between two or three different activities on any given day. Choices could include team sports, partner sports, individual weight room or fitness activities, as well as specific sport skills. This student-centered course will be driven by the individual interests/needs of each student creating a personalized experience each day. Activities may include badminton, floor hockey, basketball, volleyball, soccer, team handball, tennis, pickleball, archery, cross country, yoga/pilates, strength training, disc golf, and others. This class may only be taken once.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

## Personalized PE II: Choose Your Own Activity

**Course#:** 0172 – Semester Elective

**Grade Levels:** 11-12

**Prerequisites:** Successful completion of PPE I

**Course Description:** PPE II allows students who found success in PPE I to continue to develop personalized fitness and recreation skills and habits. This class may only be taken once.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

