

## Physical Education & Health

### Requirements:

**Grade 9:** Concepts of Physical Fitness/Team and Life Sport, Lifeguarding, Learn to Swim, Health, CPR/First Aid or Dance Workshop for PE credit

**Grade 10:** Concepts of Physical Fitness/Team and Life Sport, Lifeguarding, Learn to Swim, Health, CPR/First Aid or Dance Workshop/Dance Performance for PE credit or Varsity PE or Out-of-School/Independent Athletic Contracts

**Grade 11:** Concepts of Physical Fitness/Team and Life Sport, Lifeguarding, Learn to Swim, Health, CPR/First Aid or Dance Workshop/Dance Performance for PE credit or Varsity PE or Out-of-School/Independent Athletic Contracts

**Grade 12:** Concepts of Physical Fitness/Team and Life Sport, Lifeguarding, Learn to Swim, Health, CPR/First Aid or Dance Workshop/Dance Performance for PE credit or Varsity PE or Out-of-School/Independent Athletic Contracts

**Certification in CPR/AED for the Professional Rescuers & Health Care Providers and First Aid is a requirement for graduation.**

## **Physical Education & Health**

The Physical Education Program is designed to instruct students in sports and fitness activities, while ensuring all students are prepared in professional life-saving skills through our CPR/AED for the Professional Rescuers & Health Care Providers and First Aid class. While serving the diverse needs of our students, the purposes of basic instruction are to develop a commitment to lifelong physical activity, to guide students toward fitness and health, and to provide an environment in which students enjoy participating in physical activity.

### **Requirements:**

Physical Education in grades nine through twelve, unless replaced by team membership or an approved Independent Out of School/Athletic contract. Certification in CPR/AED for the Professional Rescuers & Health Care Providers. Health Education in grades 9 or 10 and 11 or 12.

The physical education program recognizes the wide range of abilities and interests of its students and seeks to offer choice and flexibility in its offerings while maintaining optimal standards and requirements. Students will choose *Concepts of Physical Fitness/Team and Life Sport*, *Dance Workshop PE*, or *Varsity PE* when planning their schedules for the coming year. Registration for particular activities within the unit selected will be conducted each quarter within the Department of Physical Education. Registration will take place on the first day of scheduled classes each quarter. Registration in the department is for these purposes: (1) for credit to be conferred for team participation; (2) for approval of an Independent Out of School/Athletic contract; and/or, (3) selection for CPR/AED for the Professional Rescuers & Health Care Providers and First Aid.

### **PHED 210 - Concepts of Physical Fitness/Team and Life Sport**

*Meets every other day*

*Prerequisites: None*

Students will participate in a program that provides the most up-to-date information on strength-development/conditioning regimens and activities that develop personal living skills, integrate physical skills, and lead toward the objective of selecting appealing physical activities available outside of class.

In the *weight-training* component, students will be taught the proper use of equipment as well as the effects of its use on the body. The *cardiovascular fitness* component will begin with the identification of each student's target heart rate zone and allow students to achieve it

through various endurance and muscle -toning workouts. Students will be “tested out” periodically in order to assess progress, general knowledge of the human anatomy and the equipment used to work specific muscle groups.

In the *team and life sport* component, students will participate in both individual and team sport activities. Students will learn the rules of play of each sport or activity and the fundamental skills necessary for the enjoyment of each. Seasonal offerings include: field hockey, soccer, floor hockey, tennis, golf, horseshoe, bocce, jogging, flag football, volleyball, basketball, softball, speedball, team handball, ultimate frisbee, and childhood playground games.

In the aquatics unit students will be exposed to comprehensive water safety policies, learning safe ways to participate in aquatic activities and recreation. The curriculum includes water safety knowledge, instruction in swimming (learn to swim and skill advancement), fitness swimming, standup paddle-boarding, recreational aquatic games, snorkeling and Boga fit and Boga yoga.

**PHED 212 - Dance Workshop for PE credit**

*Meets every other day*

*Prerequisites: None*

*Grades 9-12*

*May be taken for Physical Education credit OR Performing Arts credit -- meets 5 days out of the 10-day cycle for the entire year. Participation in after-school sports does not exempt students from Dance Workshop.*

There are multiple sections of Dance Workshop. Students are placed not by grade level but according to skill level as assessed by the dance teachers. Placement is also dependent on fitting the section assignment into one’s schedule. Although a student may move from a primary to an intermediate level of dance, it will not be indicated by a separate course number. The transcript will simply show continuing participation in Dance Workshop.

Dance Workshop emphasizes the development of a strong technical base in Ballet, Pilates, Yoga, Modern Dance, Jazz, Tap, Hip-Hop and an awareness of other world dance influences. Training includes warm-up, improvisation, alignment, stretching exercises, and traveling combinations. Rhythmic awareness and the relationship of music to dance is stressed throughout

**PHED 313 - Dance Performance for PE credit**

*Meets every other day*

*Prerequisites: Approval of the instructor*

*Grades 10-12*

*May be taken for Performing Arts credit OR Physical Education credit – meets 5 days out of the 10-day cycle for the entire year. Participation in after-school sports does not exempt students from Dance Performance.*

This course builds upon the foundations established in Dance Workshop and finally places the emphasis on performance. The course culminates in multiple presentations throughout the year.

**Health Education 1**

*Meets every other day for one quarter*

*Prerequisites: None*

*Grades 9-10*

**Health Education 2**

*Meets every other day for one quarter*

*Prerequisites: None*

*Grades 11-12*

The Health Education curriculum provides an interactive forum with students and teachers to understand health issues. As students acquire knowledge and obtain skills, they gain the self-confidence and sense of responsibility necessary for making decisions that affect their quality of life. Health Education includes lectures, research, role-playing, guest speakers, written and oral reports, movies, hands on activities and interactive group discussions. The skills students learn form a basis for exploration in areas such as health and wellness, behavior change, substance use and misuse, sexuality and sexual health, relationships, stress, sleep, mental health, nutrition, and disease risk reduction.

**PHED 211 - Varsity PE**

*Meets every other day*

*Prerequisites: Departmental approval*

*Grades 10-12*

Students who participate in after-school sports, for a minimum of 2 seasons, may request to take Physical Education during the last period of the day in order to avoid early dismissal conflicts. Varsity PE is not guaranteed however, due to constraints of scheduling. **Students not in-season will be expected to participate in a regularly scheduled physical education class.**

**Other Options Included in PHED 210 to be selected at PE Orientation**

❖ **Certification in CPR/AED for the Professional Rescuers & Health Care Providers**

*Graduation Requirement*

Students will learn how to provide first aid in emergencies. This certification course integrates the lifesaving skills of rescue breathing, first aid for choking, CPR with AED and water safety skills. If a scheduling conflict occurs, American Red Cross classes are offered outside of school. Please contact the Physical Education department if a conflict arises.

**Out-of-School/Independent Athletic Contracts**

*Departmental approval required.*

*Grades 10-12*

Students may be permitted to use out-of school activities for physical education credit. Students will be limited to activities not offered by the school at any time or meet minimum athletic team standards equal to those offered at school. A contract will be allowed only one quarter per school year. An athletic contract request for a sport in season is not permitted.

Contract forms must be submitted on or before the first day of class each quarter. Athletic contracts can be found on the physical education PowerSchool Learning page. (Not the athletics' website).

**Late submissions will not be accepted!**

**Lifeguarding**

Students completing this course will be American Red Cross certified lifeguards. Students will learn all facets of the lifeguarding profession including lifeguarding skills to prevent, recognize and respond to aquatic emergencies, risk management, and occupational professionalism. Certification includes CPR/AED/First Aid for the professional rescuer, fulfilling a graduation requirement. This is a 2 quarter class and will be offered contingent on interest.

**Learn to Swim**

As a part of HM's ongoing effort to achieve 100% swimming competency, students may opt to take a learn to swim class for their P.E. credit. Students will participate in instructional swimming in a small group setting. Curriculum is flexible based upon participant skill level, but will likely include, water acclimation and comforts, front and back floating, kicking skills, freestyle and backstroke, and treading water. Participants work up to being able to complete 100 yards of continuous swimming and 1 minute of treading.