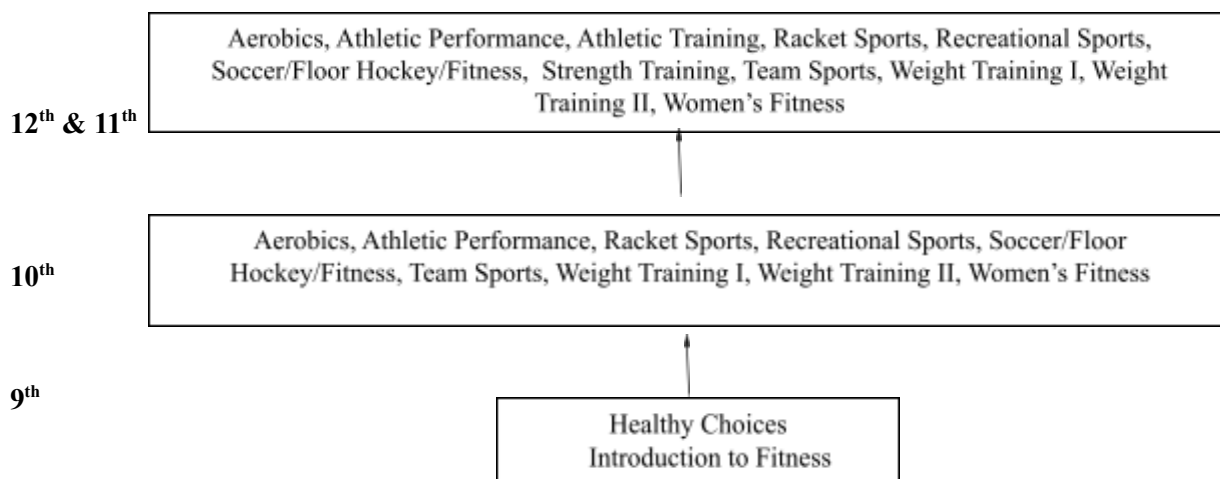


# Physical Education



## COMPREHENSIVE HEALTH & PHYSICAL EDUCATION CONTENT STANDARDS

**I. Movement Competence and Understanding (Physical Education):** Includes motor skills and movement patterns that teach skill and accuracy in a variety of routines, games, and activities that combine skills with movement; demonstrates the connection between body and brain function; and creates patterns for lifelong physical activity.

**II. Physical and Personal Wellness (Shared Standard):** Includes physical activity, healthy eating, and sexual health and teaches lifelong habits and patterns for a fit, healthy, and optimal childhood and adulthood; examines society, media, family, and peer influence on wellness choices; practices decision-making and communication skills for personal responsibility for wellness; and identifies the consequences of physical inactivity, unhealthy eating, and early sexual activity. Includes health promotion and disease prevention, and teaches responsibility and skills for personal health habits as well as behavior and disease prevention; sets personal goals for optimal health; examines common chronic and infectious diseases and causes; and recognizes the physical, mental, and social dimensions of personal health.

**III. Emotional and Social Wellness (Shared Standard):** Includes mental, emotional, and social health skills to recognize and manage emotions, develop care and concern for others, establish positive relationships, make responsible decisions, handle challenging situations constructively, resolve conflicts respectfully, manage stress, and make ethical and safe choices; examines internal and external influences on mental and social health; and identifies common mental and emotional health problems and their effect on physical health.

**IV. Prevention and Risk Management (Shared Standard):** Includes alcohol, tobacco, and other drug prevention; violence prevention; and safety; teaches skills to increase safe physical and social behavior in at home, in school, in the community, and in personal relationships; provides specific knowledge on avoidance of intentional and unintentional injuries; and practices decision-making and communication skills to avoid drug use, bullying, and dating violence.

**\*Attire Requirement:** Students are required to wear MRHS school spirit attire, a solid black, blue or grey t-shirt with shorts as well as appropriate athletic footwear.

**\* Physical Ed. Lock:** Students will be assigned a school-issued lock to use for the semester. Use of an outside lock will result in removal of the lock at the owner's cost. Failure to hand- in the lock at the end of the semester will result in a fine. There is a \$5.00 fee for the use of the school-issued lock.



**Lifetime Fitness** *Does NOT meet CDHE- Academic Elective requirement*

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

This course will increase a student's knowledge and application of overall fitness. By incorporating cardiovascular endurance, resistance/circuit training, and flexibility into classes, students will gain an understanding of the importance of lifelong physical fitness. Students will have the opportunity to learn and implement a variety of physical activities with the goal being able to apply positive fitness habits outside of the classroom.



**Athletic Performance** *Does NOT meet CDHE- Academic Elective requirement*

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

(Individual Sport)

This semester long Course is geared towards those individuals who are seeking to improve upon their athletic performance with advanced lifting. This will be accomplished through high intensity, ground-based power lifting program. Emphasis will be on circuit training, explosive ground-based exercises, footwork training, and conditioning. Students will be able to use and apply concepts and skills involving: Value in promoting healthy lifestyles; Knowledge and skills with free weights and universal stations; Weight room safety procedures/lifting form spotting; Goal setting/Weight room etiquette; advanced ground-based power exercises; Circuit training/plyometric training/footwork training; Strength and fitness pre/post testing. Prerequisite: Weight Training I or II and/or coach recommendations.

**Counseling Notes:**

Students may repeat this class for elective credit if space is available.



**Athletic Training** *Does NOT meet CDHE- Academic Elective requirement*

11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

This course will examine human anatomy and physiology as they pertain to human movement and athletic injuries in sports. This course will emphasize the prevention and treatment of athletic injuries. This class will incorporate labs, small group activities and projects, practical application such as taping and wrapping of athletic injuries. The following criteria must be met prior to credit being awarded: First Aid and CPR certification (\$35) and students may choose to do some after school observation hours in the athletic training room to gain additional learning and experience. Anatomy and Physiology is recommended, but not required.



**Healthy Choices**

9<sup>th</sup> Grade

0.5 Credit

Topics covered within Health Education courses may vary widely, but typically include personal health (nutrition, mental health and stress management, drug/alcohol abuse prevention, disease prevention, and first aid) and consumer health issues. The courses may also include brief studies of environmental health, personal development, and/or community resources. Students are instructed in age-appropriate components of the school district's approved comprehensive curriculum. These topics include:

- ✓ Health/Wellness/Disease Prevention;
- ✓ Self-Esteem/Communication Skills/Character Education;
- ✓ Relationships/Family (Healthy/Unhealthy dating and family relationships);
- ✓ Human Sexuality/Growth and Development;

- ✓ Mental Health Issues;
- ✓ Drugs/Alcohol/Tobacco;
- ✓ Violence/Teen Law; and
- ✓ Exercise/Nutrition.

**Healthy Choices is a required course for all High School Students. This is an inclusive and comprehensive course designed to develop a sound foundation and understanding of how to practice a healthy lifestyle. Units covered within this course include: Personal Wellness, Nutritional Wellness, Mental and Emotional Wellness, Relationship Wellness, Comprehensive Human Sexuality, Violence Prevention and Substance Abuse. The Comprehensive Human Sexuality Unit will include lessons on Understanding Sexuality and Gender, Reproductive Systems and Conception, Abstinence and Birth Control, Sexually Transmitted Infections, and Teen Pregnancy. The Adams 12 Health Curriculum follows the state’s academic standards for health, as well as current Colorado law, which requires that comprehensive health education is evidence-based, medically accurate, age-appropriate and culturally sensitive.**

**If you wish to exclude your student from any part or all of the in-class instruction of the High School Health Units listed above, you may do so using the district’s opt-out form included in District Policy 6220 and the class syllabus. Students who opt out of any of the Health curriculum will be given alternative assignments to complete during the instructional time they miss for the excluded lessons/unit(s).**



**Introduction to Fitness**

*Does NOT meet CDHE- Academic Elective requirement*

9<sup>th</sup> Grade

0.5 Credit

Health and Fitness courses combine the topics of Health Education courses (nutrition, stress management, substance abuse prevention, disease prevention, first aid, and so on) with an active fitness component (typically including aerobic activity and fitness circuits). . This class also includes a variety of team, dual, and individual sports along with a fitness component to promote fitness in a variety of ways so convey the importance of life-long wellness habits



**Racket Sports**

*Does NOT meet CDHE- Academic Elective requirement*

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

Racket Sports is an individual/dual sports course that provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport. This course focuses on the development of skills necessary for successful and enjoyable participation in the activities of badminton, pickleball, and tennis. The primary objective is to develop interest in continued and more advanced participation in the games. Instruction includes origin, development, and proper techniques in each activity, as well as proper care and appropriate selection of equipment. Rules, strategy, safety, game courtesies, and related terminology are introduced and applied to game situations.



### **Recreational Sports**

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

*Does NOT meet CDHE- Academic Elective requirement*

Recreation Sports courses provide students with knowledge, experience, and an opportunity to develop skills in more than one recreational sport or outdoor pursuit. This course will focus on the development of skills necessary for successful and enjoyable participation in the activities of archery, golf, disc golf, fly fishing, and table tennis and may include other lifetime activities. The primary objective of this course is to develop interest in continued and more advanced participation in the activities. Instruction in the four units will include origin, development, and nature of the activity, as well as proper care and appropriate selection of equipment. Rules, strategy, safety, game courtesies, and related terminology are introduced and expected in skill practice and game situations for archery, golf, disc golf and table tennis. Students will learn how regular participation in these four activities contribute to a person's general health and how it can promote lifelong fitness.



### **Soccer/Floor Hockey/Fitness**

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

*Does NOT meet CDHE- Academic Elective requirement*

Soccer/floor hockey/fitness is an individual/dual sports course that provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport. This course involves three six-week units combining the three activities of soccer, floor hockey, lacrosse, and team handball. The order of the activities is dependent on the facilities available, weather conditions and the instructor's recommendation. All units will provide proper instruction of the activities including technique, fundamental skills, origin, safety practices, values, playing courtesies, strategies, rules and terminology. Emphasis will be placed on sportsmanship, participation, basic skills and knowledge and understanding of the game.



### **Strength Training**

11<sup>th</sup> and 12<sup>th</sup> Grade

0.5 Credit

*Does NOT meet CDHE- Academic Elective requirement*

This Strength Training course will help students develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning; they may include other components such as anatomy and conditioning. This course is for the advanced weight training student. Training will occur in a multi-modal format and will include aerobic training, explosive lifting, plyometrics, core training and flexibility training.

**Prerequisites: Completion of Weight Training I and II and teacher recommendation.**

#### **Counseling Notes:**

Students may repeat this class for elective credit if space is available.



### **Team Sports**

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

*Does NOT meet CDHE- Academic Elective requirement*

### **0.5 Credit**

Team Sports courses provide students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This class involves 4 ½ week units in each of the following activities: basketball, volleyball, softball, and flag football; or three 6-week units combining three of the four activities listed above. The three activities selected would be dependent on the facilities available that period, weather conditions, and the instructor's recommendation. All units will provide proper instruction of the activities to include technique, fundamental skills, origin, safety practices, values, playing courtesies, strategies, rules and terminology. Emphasis will be placed on sportsmanship, participation, basic skills and knowledge and understanding of the games.



### **Weight Training I**

***Does NOT meet CDHE- Academic Elective requirement***

**10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade**

**0.5 Credit**

Weight Training courses help students develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning; they may include other components such as anatomy and conditioning. This course is for the student who has a strong interest in muscle mass development, body toning, and speed/power development. The course includes an emphasis on nutrition, basic anatomy and physiology, and instruction in beginning, intermediate, and advanced fundamentals of weight training.



### **Weight Training II**

***Does NOT meet CDHE- Academic Elective requirement***

**10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade**

**0.5 Credit**

Weight Training courses help students develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning; they may include other components such as anatomy and conditioning. This course is for students who have a strong interest in further elevating their weightlifting and conditioning skills. This class will enrich students in the areas of advanced anatomy and physiology, nutrition analysis, program design, interval training, plyometrics training, and super setting.

**Prerequisite: Weight Training I**



### **Women's Fitness**

***Does NOT meet CDHE- Academic Elective requirement***

**10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade**

**0.5 Credit**

Health and Fitness courses combine the topics of Health Education courses (nutrition, stress management, substance abuse prevention, disease prevention, first aid, and so on) with an active fitness component (typically including aerobic activity and fitness circuits) with the intention of conveying the importance of life-long wellness habits. Through active participation, this course provides female students an overall knowledge base in strength training, fitness, conditioning, and muscular endurance. This is a weight room-based class, which will give female students the opportunity to practice and maintain proper exercise technique and management. Progression in this course will promote female students to be healthy and live an active lifestyle.