

# Health/Physical Education Curriculum – 2023-2024



## Connection to Gwynedd’s Wellness Curriculum

Gwynedd’s Wellness Curriculum is built around an eight-category wellness wheel. In the 2021-2022 school year, the Wellness Curriculum was implemented through the Seminar period and was led by members of the following departments:

LEAD, Alumnae Engagement, DEIJ, Campus Ministry, School Counseling, and College Counseling. Seven of the eight categories of the Wellness Wheel were included in the first year of implementation. The one category that was not addressed in year one was the Physical component. Traditionally, Health and Physical Education were part of sophomore year only – which does not align with the larger structure of a Wellness Curriculum that is comprised of eight categories that will now be addressed over the course of a student’s four years at Gwynedd. To show that we value Physical Wellness, we believe that it needs to be part of the whole experience at Gwynedd. This change in how we deliver Health and Physical Education elevates Physical Wellness as a valuable experience that applies to all four years, just like each of the other components of the Wellness Wheel. Since the Physical Wellness content is being delivered through the Seminar period, sophomores now benefit from greater flexibility when building their academic schedules.

The Physical component of Gwynedd’s Wellness Curriculum seeks to motivate students to build life-long habits of regular movement, to increase nutritional knowledge particularly as it pertains to women’s health, and to make the connection between physical and mental health. To achieve this, Gwynedd will have programming that emphasizes the importance of physical activity across all four grade levels, as well as education about women’s health issues, nutrition, healthy body image, and safe behaviors. This new approach is being phased in over two years.

### Phase I: 2022-2023

*Pilot year with two “mini” courses offered*

During the 2022-2023 school year, all students are participating in our recently revised and restructured Health and Physical Education program. With this more innovative approach to Health/PE, students have begun to take quarterly or “mini” health courses that are extension of Gwynedd’s Wellness Curriculum, and these courses have been designed to run through each student’s Seminar period. Currently, the freshmen and sophomores are taking one quarter of the Physiology of Mental Health during their Seminar period (10<sup>th</sup> Grade – 1<sup>st</sup> quarter of the school year; 9<sup>th</sup> grade – 3<sup>rd</sup> quarter of the school year). Juniors and seniors are taking one quarter of the Science Behind Recreational Drugs and Alcohol during their seminar period (12<sup>th</sup> Grade – 2<sup>nd</sup> quarter of the school year; 11<sup>th</sup> Grade – 4<sup>th</sup> quarter of the school year).

2022 – 2023			
1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
<b>Sophomores</b>	<b>Seniors</b>	<b>Freshmen</b>	<b>Juniors</b>
The Physiology of Mental Health	The Science Behind Recreational Drugs & Alcohol	The Physiology of Mental Health	The Science Behind Recreational Drugs & Alcohol
2023 – 2024			
1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
<b>Sophomores</b>	<b>Seniors</b>	<b>Freshmen</b>	<b>Juniors</b>
The Science Behind Recreational Drugs & Alcohol	Women’s Health	The Physiology of Mental Health	Women’s Health
2024 – 2025			
1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
<b>Sophomores</b>	<b>Seniors</b>	<b>Freshmen</b>	<b>Juniors</b>
The Science Behind Recreational Drugs & Alcohol	Self-Care at College	The Physiology of Mental Health	Women’s Health

## Phase II: 2023-2024

*Increase the “mini” course offerings and kick-off Gwynedd’s Fitness for Life Program*

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In the 2023-2024 school year, offerings for mini health courses to be taken during Seminar period will expand to include Women's Health. A final mini health course (Self-Care at College) will be added in 2024-2025.

## Physical Education

*To begin in Phase II during the 2023-2024 school year*

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As part of Gwynedd’s Wellness Curriculum, students will need to meet the state physical education requirements. To assist with the completion of these requirements, Gwynedd will be introducing a “Fitness for Life” program to the curriculum in the 2023-2024 academic year. Therefore, students will be able to fulfill their physical education requirement through participation in Gwynedd athletics OR Gwynedd’s Fitness for Life program, which will be offered during the school day. Specific details regarding the completion of Gwynedd’s physical education requirement are delineated below:

- Students who will participate in the PE/Fitness requirement for the 2023-2024 school year are sophomores and juniors. (Seniors from the Class of 2024 have already fulfilled their PE requirement, but future seniors, beginning with the Class of 2025, will also participate). Freshmen will begin their experience in the Health curriculum with their quarter of the Physiology of Mental Health during Seminar period, and will then begin to participate in the PE/Fitness requirement in sophomore year.
- Any sophomore or junior who DOES NOT participate on a Gwynedd Mercy Academy High School Athletic Team must complete 12 hours of Fitness for Life as part of their school day throughout the year. Students will accumulate 6 hours per semester (3 per quarter) of PE/Fitness during scheduled Community Periods throughout the year as a means of balancing the distribution of this requirement over time, and subsequently accommodating their various other activities during Community Period.
- Fitness for Life will be considered a Pass/Fail course required for graduation. Each year, sophomores, juniors, and seniors will earn .25 credit on their transcript for PE/Fitness based on their participation in Gwynedd Athletics OR the Fitness for Life program.
- For students who participate in school athletics, Gwynedd’s Administration will work with the Athletic Department to collect team lists and record the completion of PE/Fitness for student athletes. Students completing their requirement through the Fitness for Life program will be participating in activities such as: Yoga and Meditation, Cardiovascular Activities, Muscular Strength, Endurance Activities as well as lifetime sport activities.
- Exemptions to Gwynedd’s PE/Fitness requirement related to a student’s participation in sports or physical activities outside of Gwynedd will not be permitted.