

HEALTH AND PHYSICAL EDUCATION

The Health Science Department incorporates curricula designed to impart knowledge to students regarding total wellness. Both the Physical Education and Health programs engage all three domains of wellness: physical, mental, and social health. The goal of the Health Science Department is to help each student strive to live healthier lives and thus, improve their quality of life at school, at home, and in the community at large.

COURSE OFFERINGS

850 HEALTH
092 PHYSICAL ED

850 Health

Grades: 10-12

Unit of Credit: ½

Prerequisite: None

The intent of Health Education is to help our students understand how to achieve and maintain lifelong, healthy habits. Our curriculum places a strong emphasis on knowledge of health-related topics, accessing external health resources, practicing healthy behaviors, and analyzing the influence of media and other cultural influences on health-related decisions. The skills and topics learned in this course will encourage a lifelong commitment to health and wellness.



092 Physical Education

The fundamental goal of the Physical Education program is to provide our students with the skills and knowledge needed to maintain a physically active and healthy lifestyle. Students will hone both motor and social skills and learn to enjoy physical activity. As a result of this course, students will begin to actively pursue lifelong physical activities that meet their own needs.

The physical education department has developed an elective program. During each unit there are two elective options for students to choose from. One option is always a fitness-based option. The other option is a team-building activity/sport. This allows students the ability to choose the option based on interest and prior success.

Fitness Options: Fitness center, Spin Class, HITT training, yoga, circuit training, first aid, CPR, weight training and functional lifts, dynamic speed and agility training.

Team-building Options: badminton, pickle-ball, volleyball, flag football, speedball, basketball, soccer, softball, ultimate frisbee, disc golf.

Athletic Option

Any junior or senior who has four (4) or fewer free periods per week and participates in an interscholastic sport may, in accordance with the Commissioner of Education's Regulations, "opt out" of Physical Education for the period of his/her sport season. A guidance counselor must verify schedule requirements.



In order for students to qualify for the Athletic Option, parental permission must be on file with the current season's coach and the Department Chairperson. Students must continue attending their P.E. class until the proper paperwork is completed and turned into the Department Chairperson. At the end of the quarter, students are responsible for retrieving the grading rubric from their coach. If this is not done in a timely fashion, the result will be an incomplete for the quarter.

Approval of the Athletic Option is based on continued good academic and disciplinary standing at EHS. The privilege can be revoked at any time at the discretion of the Principal or Asst. Principal.