

HEALTH EDUCATION

HEALTH (7715)

Open to Grades 9, 10, 11, 12

20 weeks - 1/2 credit – New York State Graduation Requirement
(currently not approved NCAA course)

Health is designed to give students the opportunity to enhance their health and well-being through teaching and learning. The course covers various topics including mental health, social health, physical health, substance abuse and diseases. Skills such as decision making, goal setting, advocacy, self-management, accessing valid information, analyzing influences, and communication will be practiced. Through a variety of teaching methods, students will learn how to make healthy choices in their life. New York State mandated parenting standards, HIV/AIDS education, opiate abuse, and mental health will be met throughout the course.

EXPLORATION HEALTH (7716)

Open to Grades 11, 12

20 weeks - 1/2 credit (currently not approved NCAA course)

Prerequisite: Health credit earned and teacher recommendation

This elective course will provide an opportunity to further explore and dig deeper into the endless areas of health and wellness. This project based, technology assisted course will center around student interest and current health issues in our society and beyond. Topics of study will vary by semester based on student voice and choice but will center on health and wellness. There will be collaborative and individual project responsibilities. Students are expected to engage in activities within and outside of the classroom, conduct research, and self-reflect throughout the course. Upon completion, students will have gained knowledge of themselves and the world they live in. Prior parent approval may be necessary due to the material presented.

PHYSICAL EDUCATION

20 weeks – 1/4 credit, per semester – New York State Requirement

The Physical Education program will provide students with a variety of individual, group, and wellness-based activities. Students will graduate with a diverse foundation on which to build their own recreational plan. Students are expected to be in attendance and prepared to participate. These expectations will allow for student success. Students are required to be enrolled in Physical Education every semester of their High School career. Two full credits are required for graduation.

PHYSICAL EDUCATION I: (7709) sem 1 (7710) sem 2

20 weeks – 1/4 credit

Open to Grades 9, 10, 11, 12

This Physical Education course will focus on developing student knowledge of and competency in motor skills, movement patterns, games, rules and strategies essential to perform a variety of physical activities. These activities include but are not limited to the following: Disc golf, pickle ball, volleyball, ultimate frisbee, fitness, floor hockey, and recreation games. This PE experience is for those looking to gain more lifetime activities and skills.

*NOTE: ALL 9th GRADERS MUST BE ENROLLED IN PHYSICAL EDUCATION I

PHYSICAL EDUCATION II (C): (7711) sem 1 (7712) sem 2

20 weeks – 1/4 credit

Open to Grades 10, 11, 12

Physical Education II is a course option for students who are looking for a more rigorous PE experience. This course will apply knowledge and skills gained from Physical Education I, completed during 9th grade. Participation in course activities will be high energy and fast paced. A previous understanding of activities is an expectation.

*NOTE: THIS COURSE IS OPEN FOR 10-12th GRADERS WHO HAVE COMPLETED PHYSICAL EDUCATION I