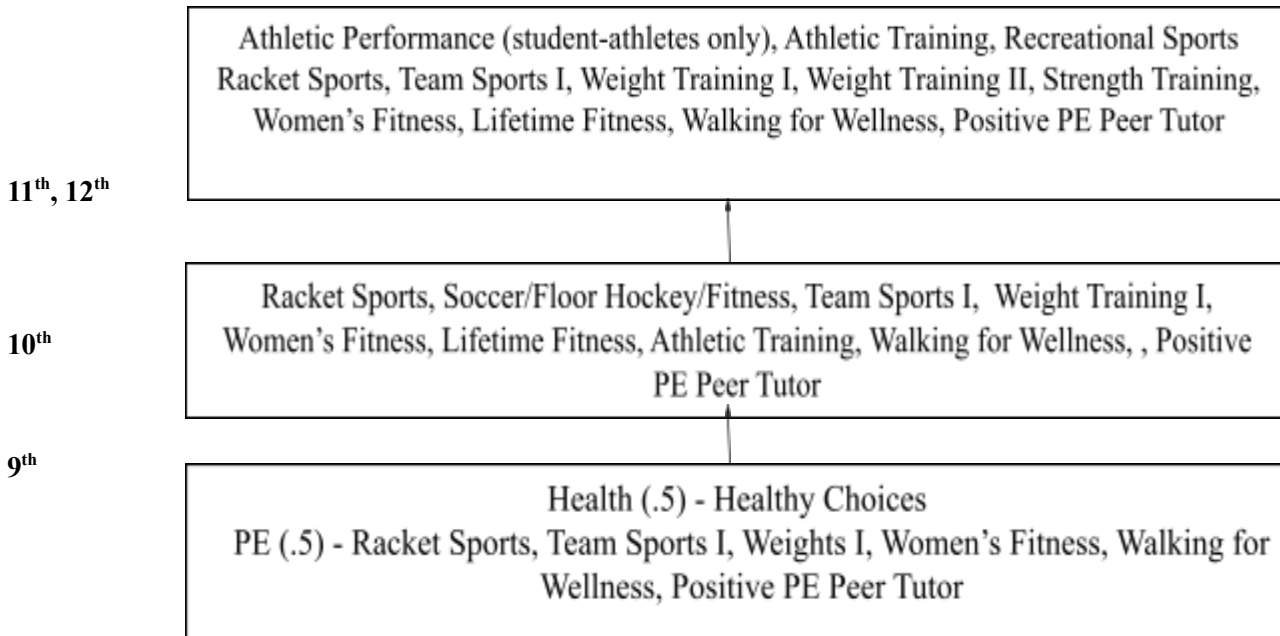


# Physical Education



## 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 athletic attire (no jeans, dresses, skirts), as well as appropriate athletic footwear (no open-toed shoes, crocs, boots).

**\*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.



### **Healthy Choices** (Required - Automatically enrolled)

**9<sup>th</sup> Grade** (Transfers: 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>)

**0.5 Credit**

Are you ready to make informed choices about your health and well-being? Healthy Choices is a required course for all high school students that sets the foundation for living a healthy lifestyle. This inclusive and comprehensive class covers essential topics like personal wellness, nutrition, mental and emotional health, healthy relationships, and more. You'll dive into important subjects such as human sexuality, including understanding sexuality and gender, reproductive health, and safe practices. We also discuss violence prevention and substance abuse to help you navigate challenges you may face. The course follows Colorado's academic standards for health, ensuring that the information is evidence-based, medically accurate, and age-appropriate. Join us to learn valuable skills that will empower you to make healthy choices throughout your life!

*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 which will be included with the class syllabus or can be found on the district's website (<https://www.adams12.org/academics/curriculum-instruction/health-education-curriculum>). 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).*



### **Athletic Performance** (Student-athletes only)

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

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

**0.5 Credit**

Do you want to take your athletic skills to the next level? Athletic Performance is here to help student-athletes boost their strength, speed, and stamina. This course focuses on advanced lifting techniques in a high-energy, power-packed training program. You'll dive into circuit training, explosive exercises, footwork drills, and conditioning workouts designed to build strength, agility, and overall athleticism. Whether you're on a team or in an individual sport, this course will help you reach your goals and become a stronger, more focused athlete.

**Prerequisite: Weight Training I or coach recommendations (ie summer weights).**

#### **Counseling Notes:**

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



### **Athletic Training** (Sports Medicine)

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

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

**0.5 Credit**

Are you interested in learning how the body works, especially when it comes to sports and injuries? In this Sports Medicine course, you'll explore human anatomy and physiology, focusing on how the body moves and how to prevent and treat sports-related injuries. Through labs, group activities, and hands-on skills like taping and wrapping injuries, you'll learn real techniques that athletic trainers use every day. You'll even have the chance to get certified in First Aid and CPR for \$35, which will look great on your resume. Plus, if you want extra experience, you can spend time after school observing in the athletic training room. No previous knowledge of Anatomy and Physiology is required—just a curiosity to learn!



### **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**

Are you ready to boost your fitness knowledge and get active? In this course, you'll dive into all aspects of overall fitness, learning about components like cardiovascular endurance, target heart rate zones, muscle groups, resistance training, circuit workouts, and flexibility. Through a mix of fun and engaging activities, you'll discover how each part contributes to a balanced fitness routine.

This class isn't just about working out; it's about understanding how to maintain a healthy lifestyle long after you leave school. You'll explore various physical activities and develop positive fitness habits that you can carry with you outside the classroom. Join us to get fit, have fun, and empower yourself to lead a healthier life!



### **Positive PE Peer Tutor**

*Does NOT meet CDHE- Academic Elective requirement*

9<sup>th</sup> (by recommendation only), 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade

**0.5 Credit**

Want to make a difference while staying active? In Unified PE, you'll work together with high-needs student-athletes in a supportive and energetic environment. As a peer tutor, you'll help motivate and encourage your athlete partner while practicing teamwork, fitness, and positive interaction. Both you and your partner will explore different types of physical activities, learning skills, techniques, and concepts that build lifelong fitness habits. This class is all about developing social connections, building each other up, and staying fit together. Join us in creating an inclusive and fun PE experience for everyone!



### **Racket Sports**

*Does NOT meet CDHE- Academic Elective requirement*

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

**0.5 Credit**

Looking to learn some fun, fast-paced sports? In Racquet Sports, you'll get to play tennis outside and explore indoor games like badminton, pickleball, and ping-pong. You'll build unique skills for each sport, learning the rules, scoring, and game etiquette while getting tons of practice time. Plus, you'll get to put your skills to the test in game situations! This class is a great way to stay active, have fun, and develop skills you can use for a lifetime of fitness and leisure.

#### **Counseling Notes:**

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



### **Recreational Sports**

*Does NOT meet CDHE- Academic Elective requirement*

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

**0.5 Credit**

Want to try out some awesome activities that you can enjoy for a lifetime? In Recreational Sports, you'll get hands-on experience with fun games like table tennis, badminton, archery, golf, disc golf, fly fishing, and yard games. You'll learn skills, rules, and techniques that make it easy to play these sports for fun or competition. Whether you're looking to make new friends or just want to try something new, this class will give you a foundation in activities you can enjoy forever.

#### **Counseling Notes:**

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



### **Strength Training**

*Does NOT meet CDHE- Academic Elective requirement*

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

**0.5 Credit**

Ready to take your lifting to the next level? Advanced Strength Training is designed for students with weight training experience who want to dive deeper into building strength, power, and flexibility. You'll focus on strength training principles, emphasizing safety and proper form, while also learning about anatomy and conditioning. The class uses a variety of training methods, including explosive lifting, plyometrics, core workouts, flexibility exercises, and even aerobic training. This course is perfect for students looking to challenge themselves and continue improving their overall fitness!

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

#### **Counseling Notes:**

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



### **Team Sports I**

*Does NOT meet CDHE- Academic Elective requirement*

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

**0.5 Credit**

Love playing sports with friends? In Team Sports, you'll get to learn and play popular sports like basketball, flag football, kickball, softball, and volleyball! This class focuses on building the essential skills for each sport, as well as learning the rules, strategies, scoring, and sportsmanship. You'll also dive into the history and key techniques for each game while building the fitness and teamwork needed to succeed. Perfect for anyone who enjoys being active and having fun with a team!

**Counseling Notes:**

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



**Walking for Wellness**

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

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

**0.5 Credit**

Looking for a fun and relaxing way to stay active? Walking for Wellness is all about using walking to boost your physical and mental health. In this class, you'll learn the benefits of walking as a low-impact exercise, discover proper techniques for posture and breathing, and explore different walking styles to help you meet your fitness goals. You'll also learn about the positive effects of walking on reducing stress, improving mood, and increasing focus, and even try out mindfulness techniques to make walking a peaceful, immersive experience. We'll walk outside for 25-35 minutes most days, tracking distance, steps, and heart rate, so you can see your progress all semester. Perfect for anyone wanting a simple, enjoyable way to improve wellness!

**Counseling Notes:**

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



**Weight Training I**

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

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

**0.5 Credit**

Want to get stronger and build a fitness routine that works for you? Weight Training I takes you beyond the basics of lifting and teaches you how to create a personalized workout plan. You'll learn strength training principles and try out different types of workouts to see what best fits your goals. From sport-specific training to general fitness, this class will give you the skills and knowledge to work out safely and effectively. Perfect for anyone who wants to get stronger, feel confident in the gym, and improve their overall fitness!



**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**

Ready to take your strength training to the next level? Weight Training II builds on what you learned in Weight Training I, diving deeper into advanced techniques for physical fitness and strength. In this course, you'll apply your knowledge of strength training principles to create a personalized training program tailored to your specific goals. Whether you're looking to build muscle, improve athletic performance, or just get fit, this class will help you develop the skills and confidence you need to succeed in the gym. Get ready to challenge yourself and see amazing results!

**Prerequisites: Completion of Weight Training I or teacher recommendation.**



**Women's Fitness**

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

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

**0.5 Credit**

Are you ready to focus on your health and fitness in a supportive environment? Women's Fitness is all about helping you build lifelong wellness habits! This course is designed specifically for female students and covers everything from strength training to fitness conditioning and muscular endurance. You'll get hands-on experience in the weight room, learning proper exercise techniques to keep you safe and effective. As you progress, you'll gain confidence in your abilities and learn how to lead a healthy, active lifestyle. Join us and empower yourself to achieve your fitness goals!

**Counseling Notes:**

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