

General Course Information

Course Name: 9th Grade Physical Education	
Department: Physical Education	Grade Level(s): 9
Duration/Credits: 1 sem/ .5 credit	Prerequisites: none
BOE Approval Date:	Course Code: H8003
Course Description:	
<p>This course is for incoming students into the high school. Students will learn concepts and principles of physical fitness, sports, and wellness through lessons and accompanying activities that will prepare them for life-long personal fitness and future physical education courses. Students will participate in activities designed to increase their likelihood of exercising in the future. Students will understand the benefits that regular exercise can provide for a person's mental, physical, and social health.</p>	
Course Rationale	
<p>We need to encourage students to find forms of physical activity they can enjoy and participate in for a lifetime of health and wellness. This course gives students the opportunity to experience various physical activities in a controlled environment. This course fulfills ½ credit of the Physical Education requirement (1 credit) for graduation.</p>	
Course Objectives:	
<ul style="list-style-type: none">• The student will participate in strength training, lifetime activities, team sports, adventure and outdoor pursuits, and personal fitness activities.• The student will journal about personal fitness goals and track personal fitness levels. (A+ Writing)• The student will utilize basic skills, tactics, and strategies while participating in a variety of fitness activities.• The student will demonstrate competency while participating in team sports and team building, both competitive and non-competitive.• The student will explain the importance of strategies and safety procedures for success while participating in physical activity. (A+ Speaking and Listening)• The student will research, assess, and maintain appropriate levels of physical fitness in terms of cardiovascular endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy and	

• productive life. (A+ Research, A+ Reading)
Standards Alignment:
National PE Standards - Shape America