

PHYSICAL EDUCATION

Our primary goal is helping students become physically literate and gain the knowledge necessary to lead a healthy lifestyle. The curriculum is diverse and offers a variety of team activities as well as individual pursuits. When students are exposed to a wide variety of movement opportunities they are more likely to find enjoyment and build confidence. The emphasis on building relationships and fostering a sense of community is the cornerstone of our curriculum. A positive environment fosters risk taking and helps students build social skills that are essential to growth and development of the whole child.

Course Offerings: 9-12

Ballroom Dance - Fitness - Martial Arts - Outdoor Education - Recreational Games - Net Sports - Stunts & Tumbling - Project Adventure - Student Designed Games - Team Games/Team Building/Cardiovascular Concepts -Walking - Bouldering - Yoga - Spin-Multicultural Games

9TH GRADE EXPERIENCE

FULL YEAR - 1/2 CREDIT

This introductory year of Physical Education at the high school is designed to give students an overview of our "Lifetime Activity" curriculum model. The fitness curriculum is front and center in the freshman experience. Students will have the opportunity to utilize our state of the art movement and fitness facilities to develop lifelong fitness. The program covers foundational movement patterns and important fitness concepts. These concepts include how to create a safe environment, proper technique for various exercises, and cardiovascular endurance concepts. The freshman program includes ballroom dance, team building through games and problem solving, net sports and outdoor education.

10TH -11TH GRADE EXPERIENCE

FULL YEAR - 1/2 CREDIT

During these two years we offer a wide variety of activities. We want to expose students to a broader range of movement opportunities. Activities like yoga and martial arts and bouldering are offered as well as more traditional activities like soccer, basketball and volleyball. Throughout these years we want to encourage students to take risks and try new activities so as they grow and mature they will find something that brings them personal enjoyment and fitness benefits.



Sarah Sherman

UNIFIED PE

FULL YEAR - 1/2 CREDIT
GRADES 11-12

This is not your typical physical education course! Unified Physical Education is a unique opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership and wellness activities. This course focuses on the physical, intellectual and social growth of all participants. Engaging in physical activity and sport alongside peers with and without disabilities helps to foster important social relationships. This course is offered to Juniors and Seniors only. If you are a varsity athlete, you must be willing to forfeit your athletic option to participate in this amazing experience. You can sign up for one semester, but signing up for the full year is recommended.

12TH GRADE EXPERIENCE

FULL YEAR - 1 CREDIT

The "Senior Experience" is the culmination of our physical education program here at Mamaroneck High School. We want students to be competent and confident to maintain a fit and active lifestyle. Utilizing lifetime activities, students will develop and implement a personal fitness plan including their personal interests. After completing this program during the first semester of the school year, students will implement and modify their programs with the assistance of our physical education staff throughout the second semester. Students will have the opportunity to utilize our state of the art Movement and Fitness Facility as well as utilizing off campus fitness opportunities to demonstrate lifetime fitness.

HEALTH EDUCATION

GRADES 10, 11, 12

HALF-YEAR - 1/2 CREDIT

ONE SEMESTER COURSE REQUIRED FOR GRADUATION

Health Education provides the basis for continued methods of developing knowledge, concepts, skills, behaviors and decision making. This course includes the major content areas in a planned, sequential, comprehensive health education experience for all students. Topics include Healthy Lifestyle, Mental/Emotional Health, Community/ Environmental Health, Nutrition, Family Life, Consumer Health, Personal Health, Alcohol, Tobacco and Other Drugs, Intentional and Unintentional Injury, Health Promotion, Disease Prevention and Human Sexuality.

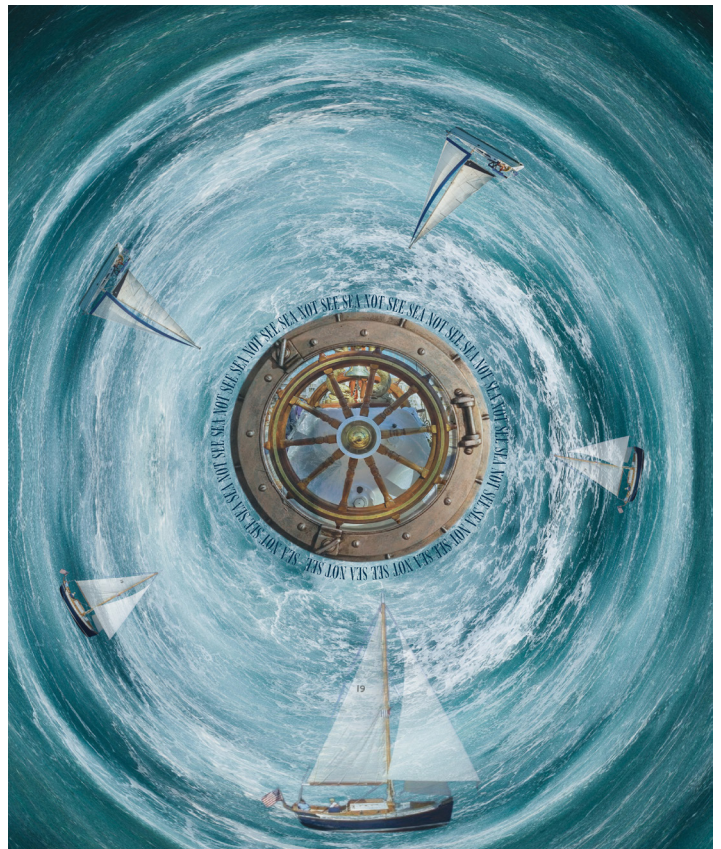
Students are provided with opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual factors and health decisions that promote health and prevent disease. Students are also encouraged to assume individual responsibility for becoming competent health consumers. A variety of instructional strategies, including technology, group work, and individual reflection lessons helps the student further develop health literacy and awareness.



Evelyn Rooth



Diana Bautista Orozco



Claire Reilly