

**RIALTO UNIFIED SCHOOL DISTRICT  
CURRICULUM PROPOSAL**

Name of Course: APEX Physical Education 10 Grade Level(s): 10-12

**Credit Recovery** **Brief Course Description:** **Credit Recovery**  
 APEX PE10 follows the APEX online Health Opportunities through Physical Education (HOPE) curriculum that combines instruction in health and physical education in a full-year, integrated course. It focuses on developing skills, habits and attitudes to maintain a healthy lifestyle and applying lessons learned to physical fitness. Through active participation and real-world simulations, the course aims to demonstrate firsthand the value of conscientious lifestyle management.

Proposed By: Bunny Brown School: Carter High School Date: 4/15/2020

**The Following is Proposed for this Course:**

<input checked="" type="checkbox"/> Addition	<input type="checkbox"/> Revision	<input type="checkbox"/> A – G	<input type="checkbox"/> Deletion
<input checked="" type="checkbox"/> Required Course	<input type="checkbox"/> Content	<input type="checkbox"/> Honors	<input type="checkbox"/> Name of Course
<input type="checkbox"/> Elective	<input type="checkbox"/> Name Change	<input type="checkbox"/> Career Tech. Ed.	<b>Credit Recovery</b>

**The Following Maximum Credits are Proposed for this Course:**

**10** Units of Credit in (Subject Area): **Physical Education 10** or in:

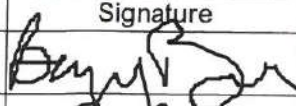
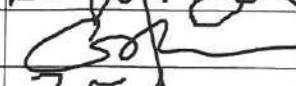




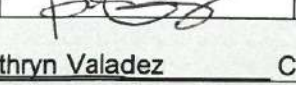
**The Following Schools will Offer this Course:**

Carter High     Eisenhower High     Rialto High     Milor/Zupanic

**The Proposed Course will have the Following Budget Implication:**

Individual School Site: \_\_\_\_\_  
 District Level: \_\_\_\_\_  
 Total Estimated Cost: \_\_\_\_\_

**Approval Signatures for the Proposed Course:**

Printed Name	Signature	Title	Yes/No	Date
Bunny Brown		Submitting School Department Chair	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/11/2020
Dr. Greg Anderson		Carter High School Principal	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/14/2020
Frank Camacho		Eisenhower High School Principal	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/14/2020
Dr. Caroline Sweeney		Rialto High School Principal	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/14/2020
Kayla Griffin		Milor/Zupanic High School Principal	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/14/2020
Kathryn Valadez <small>(Physical Education Chair)</small>		District Curriculum Committee Chair	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/7/2020
Dr. Patricia Chavez		Curriculum Council Chair	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	5/14/2020

Approved by Kathryn Valadez Curriculum Committee on (Date) 5/7/2020

Approved by Curriculum Council on (Date): 5/14/2020

Approved by Rialto Unified School Board on (Date): 06/10/20

Approved by UC (or N/A) on (Date): \_\_\_\_\_

Health Opportunities through Physical Education (HOPE) combines instruction in health and physical education in a full-year, integrated course. It focuses on developing skills, habits and attitudes to maintain a healthy lifestyle and applying lessons learned to physical fitness. Through active participation and real-world simulations, the course aims to demonstrate firsthand the value of conscientious lifestyle management.

HOPE lays a foundation for making healthy decisions by building seven skills: accessing valid health information; analyzing internal and external influences; self-management; interpersonal communication; decision-making; goal setting; and advocacy. Students apply these skills to a variety of topics throughout the course, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

This course is built to the Florida Next Generation Sunshine State Standards for health and physical education and informed by the National Health Standards (SHAPE).

Length: Two semesters

### UNIT 1: MENTAL AND EMOTIONAL HEALTH

- Lesson 1: Introduction to Health
- Lesson 2: Your Mental and Emotional Health
- Lesson 3: Suicide and Violence Prevention
- Lesson 4: Communication Skills
- Lesson 5: Wrap Up: Mental and Emotional Health

### UNIT 2: FITNESS AND NUTRITION

- Lesson 1: Guidelines for Fitness and Nutrition
- Lesson 2: Threats to Fitness and Good Nutrition
- Lesson 3: Planning for Fitness and Good Nutrition
- Lesson 4: Wrap Up: Fitness and Nutrition

### UNIT 3: DRUGS

- Lesson 1: Drug Use and Abuse
- Lesson 2: Living Drug Free
- Lesson 3: Advocating for a Drug-Free Lifestyle
- Lesson 4: Wrap Up: Drugs

### UNIT 4: DISEASE

- Lesson 1: Types of Diseases
- Lesson 2: Preventing Disease
- Lesson 3: Susceptibility, Detection, and Treatment of Disease
- Lesson 4: Wrap Up: Disease

### UNIT 5: INJURIES

- Lesson 1: Safety and Injury Prevention
- Lesson 2: Safety Laws and First Aid
- Lesson 3: Weather and Natural Disaster Safety
- Lesson 4: Wrap Up: Injuries



## UNIT 6: SEXUAL HEALTH

- Lesson 1: Reproductive Health and Relationships
- Lesson 2: Abstinence and Online Safety
- Lesson 3: Recognizing Harmful Relationships
- Lesson 4: Safe Sexuality and Pregnancy
- Lesson 5: Wrap Up: Sexual Health

## UNIT 7: SEMESTER REVIEW AND EXAM

- Lesson 1: Semester Review and Exam

## UNIT 8: P.E. DESIGNED FOR ME

- Lesson 1: Online P.E.
- Lesson 2: Fitness Logs
- Lesson 3: Warm It Up, Cool It Down
- Lesson 4: Setting Fitness Goals
- Lesson 5: Career and Educational Options
- Lesson 6: P.E. Designed for Me Wrap-Up

## UNIT 9: IS MY BODY GOOD TO GO?

- Lesson 1: Your Fitness Needs
- Lesson 2: Safety Factors
- Lesson 3: Don't Hurt Yourself
- Lesson 4: Health Practices
- Lesson 5: Is My Body Good to Go? Wrap-Up

## UNIT 10: GREAT FOR THE HEART

- Lesson 1: Work Your Heart Out
- Lesson 2: Join the Team
- Lesson 3: Team Concepts
- Lesson 4: Sportsmanship
- Lesson 5: Great for the Heart Wrap-Up

## UNIT 11: FIT AS A FIDDLE

- Lesson 1: Muscle Madness
- Lesson 2: Time for Anaerobics
- Lesson 3: Individual Sports
- Lesson 4: Sports Downfalls
- Lesson 5: Fit as a Fiddle Wrap-Up

## UNIT 12: FITNESS ADVENTURE

- Lesson 1: Outdoor Fitness Fun
- Lesson 2: Have Fun and Be Careful
- Lesson 3: Adventure Activities
- Lesson 4: Continued Athleticism
- Lesson 5: Fitness Adventure Wrap-Up

## UNIT 13: SEMESTER WRAP-UP

- Lesson 1: Semester Review