

# PHYSICAL EDUCATION AND HEALTH

Course Title	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>Required Courses:</b>					
Physical Education 8	X				
Health 8 (Quarter)	X				
Physical Education 9		X			
Health 9 (Quarter)		X			
<b>Electives:</b>					
Personalized PE I			X	X	X
Personalized PE II			X	X	X
Personalized PE III				X	X
Personalized PE IV				X	X

## Physical Education 8

**Course#:** 0165 – Semester Required Course

**Grade Levels:** 8

**Prerequisites:** Successful completion of PE 7

**Course Description:** The fitness based emphasis of this course is to develop teamwork, promote a healthy lifestyle and develop skills for lifetime sports. The activities may include basketball, touch football, floor hockey, softball, speedball, tennis, volleyball, badminton, pickleball, soccer. The course will include fitness testing, weight training, swimming (learning or enhancing strokes), and cross country running/ aerobic fitness.

**Instructional Methods and Assessments:** Instruction will include teacher demonstrations, lecture, skill practice and a study guide will be distributed for almost every unit. Assessments include 75% of Moderate to Vigorous Physical Activity as measured by a Heart Rate monitor, and 25% of Tests, quizzes, fitness plans and reflections. Long term fitness goal setting will also be a part of the grade mark.

**Basis for Student Success:** Students are to have appropriate physical education clothing daily and provide a consistent high level of effort, and positive attitude throughout the class period.



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## Health 8

**Course#:** 0166 – Quarter Required Course (combined with 8th Grade Seminar for semester)

**Grade Levels:** 8

**Prerequisites:** None

**Course Description:** The class will focus on CPR/AED/FIRST AID, Chemical Abuse (Tobacco, alcohol, and marijuana), and communication/relationships.

**Instructional Methods and Assessments:** The class is presented in a blended learning format where students will utilize a self-paced digital curriculum as well as classroom instruction. Formative and Summative assessments on knowledge and skills, including CPR skills testing.

**Basis for Student Success:** Daily work and skill work on mannequins and keeping pace on the digital health curriculum. Students will need to independently make progress on the digital curriculum.

## Physical Education 9

**Course#:** 0167 – Required Course

**Grade Levels:** 9

**Prerequisites:** Successful completion of PE 8

**Course Description:** The fitness based emphasis of this course is to develop teamwork, promote a healthy lifestyle and develop skills for lifetime sports. These skills will be taught in activity categories such as Invasion Games, Net/Wall Games, Cooperative Games, Striking and Fielding Games, and Target Games. The activities may include flag football, basketball, softball, speedball, tennis, volleyball, badminton, pickleball, soccer or ultimate games. The course will also include a swimming unit focused on water safety skills such as water entry, survival floats, survival strokes, snorkel/mask use, water rescues, and small craft survival skills.

**Instructional Methods and Assessments:** Instruction will include teacher demonstrations, lecture, skill practice and a study guide will be distributed for almost every unit. Summative assessments include moderate to vigorous physical activity as measured by a personalized heart rate monitor, as well as unit tests, quizzes, and a personal fitness reflection.

**Basis for Student Success:** Students are to have appropriate physical education clothing daily and provide a consistent high level of effort, and positive attitude throughout the class period.

## Health 9

**Course#:** 0168 – Quarter Required Course (combined with Speech 9 for semester)

**Grade Levels:** 9

**Prerequisites:** None

**Course Description:** Health 9 will take the topics within the Centers for Disease Control 6 Health Priority Areas and promote healthy decision making within each. Topics will include Chemical abuse, Nutrition, Sex Ed, Goal setting, Stress management, and Depression. Students will develop an in-depth knowledge on each through research and debate as well as looking at the social issues related to each.



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**Instructional Methods and Assessments:** Debate, research, journaling, class discussion. The class is presented in a blended learning format where students will utilize a self-paced digital curriculum as well as classroom instruction. Formative and Summative assessments on knowledge and skills.

**Basis for Student Success:** Classroom discussions and digital discussions will be a large part of the class curriculum. An expectation of daily participation is required. Students will need to independently make progress on the digital curriculum.

## Personalized PE I: Choose Your Own Activity

**Course#:** 0171 – Semester Elective

**Grade Levels:** 10 - 12

**Prerequisites:** Successful completion of PE 9

**Course Description:** Students taking the Choose Your Own Activity class will be able to choose between two or three different activities on any given day. Choices could include team sports, partner sports, individual weight room or fitness activities as well as specific sport skills. This student centered course will be driven by the individual interests/needs of each student creating a personalized experience each day. Activities may include badminton, floor hockey, basketball, volleyball, soccer, team handball, tennis, pickleball, archery, cross country, yoga/pilates, strength training, disc golf and others.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

## Personalized PE II: Choose Your Own Activity

**Course#:** 0172 – Semester Elective

**Grade Levels:** 10 - 12

**Prerequisites:** Successful completion of PPE I

**Course Description:** PPE II allows students who found success in PPE I to continue to develop personalized fitness and recreation skills and habits.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.



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## Personalized PE III: Choose Your Own Activity

**Course#:** 0173 – Semester Elective

**Grade Levels:** 11-12

**Prerequisites:** Successful completion of PPE II

**Course Description:** PPE III allows students who found success in PPE II to continue to develop personalized fitness and recreation skills and habits in their junior and senior year.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

## Personalized PE IV: Choose Your Own Activity

**Course#:** 0174 – Semester Elective

**Grade Levels:** 11-12

**Prerequisites:** Successful completion of PPE III

**Course Description:** PPE IV allows students who found success in PPE III to continue to develop personalized fitness and recreation skills and habits in their junior and senior year.

**Instructional Methods and Assessment:** Instruction will include game play, skill practice, and teacher demonstrations. Students create their own grading rubric based on their perceived effort and engagement.

**Basis for Student Success:** Students are to provide a consistent high level of effort and positive attitude throughout the class period.

