

# PE/Health

## **Mike Molony Department Chair**

Health and PE classes emphasize healthy living through positive lifestyle decisions, physical activity, fitness, competition and social development. The PE program aids student development through regular physical activity. These activities are aimed at physical skill attainment, physical fitness, social skill development and the knowledge and understanding of how all of these relate to a healthy lifestyle. The Health courses emphasize healthy living concepts, health-related skills and a critical examination of various lifestyle decisions and their consequences.

### **ADAPTIVE PHYSICAL EDUCATION**

**1 Credit            Grades 9-12**

#### **Course Overview:**

Adaptive Physical Education is a diversified program of developmental activities, games, sports and rhythms, suited to the interests, capacities, and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the vigorous activities of the general physical education program. Adaptive physical education is designed to aid students with handicaps to achieve physical, mental, emotional and social growth commensurate with their potential through a planned program of regular and special physical education and recreational activities.

#### **Special Requirements:**

Students will be screened by the instructor after being referred by general PE instructors, nurse, special educator and general faculty. The instructor will determine the participants in the class through a screening process that would like to involve all students needing special help, even if they have already passed PE. This class meets the graduation requirement for required physical education credit.

**\*Students are required to provide appropriate fitness clothes for PE class.**

### **Freshman PE**

**1/2 Credit            Grade 9**

#### **Course Overview:**

Due to space limitations for construction freshman students for the graduating class of 2023 will select one of the elective PE classes listed below to meet the ½ credit requirement for Freshman PE.

Yoga/Core Fitness, Walking for Fitness, Strength and Conditioning, Strength and Conditioning-Girls, Aquatics.

\*See Elective Physical Education Activity Classes section for course descriptions.

### **ELECTIVE PHYSICAL EDUCATION ACTIVITY CLASSES**

**1/2 Elective PE credit required for PE graduation requirement**

**1/2 Credits    Elective PE classes can be repeated.    Open to Grades 9-12 except where noted.**

**\*Students are required to provide appropriate fitness clothes for PE class.**

#### **Course Overview:**

Elective PE encourages students to maintain physical fitness through participation in sports and activities. Emphasis is placed on student's development of life-long fitness habits.

#### **General Comments:**

Emphasis is placed on participation in Elective PE. It is essential that students be actively involved in the class each day. Students will have the opportunity to enroll in the following classes:

### **AQUATICS:**

This class focuses on aquatic activities to provide students with necessary skills to ensure short and long-term benefits for an active and healthy lifestyle. The course helps students develop positive attitudes toward movement activities, fitness habits, team and individual activities and their own health behaviors. As part of the course students will have instruction on individual swim techniques, aquatic games, aquatic fitness training, pool organization and maintenance and leading swim instruction for other students.

**Special Requirements: \*Students are required to provide their own swim suit and towel.**

**STRENGTH AND CONDITIONING**

This elective PE class is designed for students who want to lift weights and receive elective PE credit. The class will be co-ed. Students will learn the different muscle groups being affected by different lifts and will understand the long term benefits of weight training.

**STRENGTH AND CONDITIONING-GIRLS**

This elective PE class is designed for girls who want to lift weights and improve their fitness and receive elective PE credit. The class will be a girl's only class and be designed specifically to address the needs and interests of girls. Students will learn the different muscle groups being affected by different lifts and will understand the long term benefits of weight and fitness training.

**WALKING FOR FITNESS**

Students will participate in fitness walking outside on the athletic fields, in the school building and in the surrounding community to develop cardio-respiratory fitness. Appropriate fitness clothes and shoes for walking are required. A light rain jacket is recommended as the class will walk outside in light rain. This class meets outside as long as the temperature is near 50 degrees.

**YOGA/CORE FITNESS**—Students are introduced to the values and skills of Yoga. Yoga/Core Fitness includes basic Yoga philosophy and exercises for increased flexibility, improved health, relaxation, and reduced stress in daily living. In addition, students will participate in core fitness exercises to strengthen the body's core muscles.

**RECREATIONAL BASKETBALL**

Students will participate in individual and team drills as well as play modified and standard basketball games to develop cardio-respiratory fitness. Students will also be expected to demonstrate proper rules, strategies and sportsmanship.

**RECREATIONAL SOCCER**

Students will participate in individual and team drills as well as play modified and standard soccer games to develop cardio-respiratory fitness. Students will also be expected to demonstrate proper rules, strategies and sportsmanship.

**HEALTH 1 (Required)**

**1/2 Credit      Grade 9**

**Course Overview:**

This course emphasizes health concepts and skill-building activities that explore both long and short-term behavioral consequences. The course is aligned with district, state and Nation Health Education Standards and focuses on development of health skills in the content areas of: health and wellness, social emotional learning, safety and first aid, nutrition and physical activity, comprehensive sexual education and substance use and abuse.

**General Comments:**

Students will also receive instruction in Career Education through Naviance program.

**HEALTH 2 (Required)****1/2 Credit****Grade 10 and 11****Course Overview:**

This course builds on Health 9 and emphasizes health concepts and skill-building activities that explore both long and short-term behavioral consequences. The course is aligned with district, state and National Health Education Standards and focuses on development of health skills in the content areas of: health and wellness, social emotional learning, safety and first aid, nutrition and physical activity, comprehensive sexual education and substance use and abuse.

**General Comments:**

Students will complete two Career Related Learning Experiences (CRLE's) to help meet the personalized learning graduation requirements. Students will also receive instruction in Career Education through Naviance program.

**DRIVER/TRAFFIC SAFETY EDUCATION****Non-Credit****Grades 9, 10, 11, 12****Course Overview:**

Driver Education teaches young drivers about their role in the Highway Transportation System. Students learn proper driving attitudes as well as decision making essential for safe and skillful driving. Students will also learn an organized, thinking/doing process to help them become safe, responsible drivers.

**General Comments:**

The Driver/Traffic Safety Program consists of two parts: (1) 30 or more hours of classroom instruction with classes offered after school starting in January; (2) 12 hours of behind-the-wheel instruction with classes being offered after school beginning in April and during the summer vacation. A fee is charged to students who take this class in order to cover the cost of the program instruction. **You do not forecast for this class. Sign up for Driver's Ed will be announced in morning announcements and on the GHS website.**