

PE/Health

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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.

FRESHMAN Physical Education

1/2 Credit Grade 9

Students participating in Freshman PE class will become knowledgeable in fitness concepts and demonstrate the ability to make life-long fitness choices. Through critical reflection of their own achievements, students will learn to set appropriate goals designed to enhance their fitness and take actions to reach their goals. This class will have a primary focus on skills, rules, strategies and training techniques for a variety of fitness activities both competitive and recreational in nature.

***Students are required to provide a PE uniform.**

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 a PE uniform.**

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 a PE uniform.**

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.

LIFETIME ACTIVITIES

Students will participate in a variety of activities to develop cardio-respiratory fitness. Activities may include but are not limited to: tennis, badminton, pickleball, volleyball, croquet, bocce ball, ultimate frisbee, frisbee golf and a variety diamond games, gym games and field games.

TEAM SPORTS— Students will participate in a variety of team sports to develop cardio-respiratory fitness. Activities may include but are not limited to: football, basketball, softball, soccer, volleyball, water polo, dodgeball, diamond games, field games and gym games.

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. Students are required to wear PE uniform tee shirt and provide appropriate fitness shoes and fitness attire for walking. 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. Additionally, students will record and analyze their walking workouts, learn skills and concepts and complete a short presentation.

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.

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

This course emphasizes health skill-building activities which explore both long and short-term behavioral consequences. The course is aligned with both state and Nation Health Education Standards and focuses on development of health skills in the content areas of: Mental, Emotional and Social Health, Sexuality Education, Substance Use and Abuse, Health Eating, First Aid and Environmental Health.

General Comments:

Students will also receive instruction in Career Education and complete a Career Related Learning Experiences (CRLE) in the form of a job shadow. Students will also receive instruction in Career Education through Naviance.

HEALTH 12 (Required)**1/2 Credit****Grade 12****Course Overview:**

This course emphasizes skill-building activities which explore both long and short-term behavioral consequences. The course is aligned with both state and National Health Education Standards and focuses on development of health skills in the content areas of: Nutrition, Fitness, Diseases, Environmental Health and First Aid and Safety.

General Comments:

Students may have the opportunity to earn first aid and CPR certification for a small fee. Students will complete a Career related Learning experience (CRLE) in the form of a Public Service Announcement (PSA). Students will complete a graduation requirement: Extended Application Assignment. Students will also update their personal resume in Naviance.

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.**