

PHYSICAL EDUCATION & HEALTH

Graduation Requirement: *Each student must take and pass PE every semester.*

Physical Education - Grades 9-10-11-12

Required Each Semester

Physical education is a valuable part of the total education process as it contributes to the development of the whole individual. Physical education offers mental preparation, social interaction, and physical activity.

The general aims of the physical education program include: 1) physical development and well-being, 2) development of skills and physical abilities, 3) development of leisure-time activities, 4) improvement in the areas of hygiene, 5) improvement of personal and social skills, and 6) development and appreciation of personal fitness.

Physical education is required of all students in grades 9-12 except for those who are unable due to physical disability, which must be properly certified by a physician on a report furnished by the school. For those unable to participate in physical education due to a medical disability, an alternate program of limited physical activity and/or study in health or first aid is required. Student athletes may be eligible for a partial or full waiver from physical education classes while actively involved in a high school sanctioned athletic program. A student athlete of 12th grade status may seek a waiver of up to one full academic year and an 11th grade athlete up to one semester per year. Student athletes of ninth or tenth grade status who are enrolled in more than six academic courses may also seek up to a one-semester waiver. All requests for a waiver from physical education must go through the guidance department and the Activity Director. There are four types of Physical Education classes:

Team Classes – more competitive, students in these classes want to compete

Fall units include basketball, football, Frisbee, volleyball

Spring units include bowling, racket sports (badminton, pickle ball, ping pong), soccer, and softball. *Lifetime is a less competitive option and has the same basic units of study as the Team classes.*

Wellness Classes – Students are exposed to a variety of activities which emphasize wellness training and workouts – includes aerobics, run/walk, stations, strength circuit

Weightlifting – Physical Education Weight Training is a course option where students will spend time learning the proper techniques involved in strength training and then following a general workout aimed at total body strength improvement. Students will not take

part in games or sports, but also will concentrate on strength training only.

Early Bird PE Classes (Before School) – Team is offered on Mondays and Wednesdays and Aerobics is offered on Tuesdays and Thursdays. Students are eligible for this option if they are taking 7 or 8 classes or as space allows.

An attempt is made to keep a balance among team sports, dual sports, individual sports, and conditioning activities. It is hoped that the skills and knowledge developed in high school will carry over into life-long appreciation and participation.

The class period is usually started with 10-12 minutes of stretching, exercises, and running followed by drills, and demonstrations or other teaching techniques designed to teach a particular skill or activity. The remainder of the period is devoted to participation by the entire class in that skill or activity. The required physical education uniform consists of gym shorts, (or sweats)a T-shirt, athletic socks, and tennis shoes. Physical education clothes should be washed at least once a week. While the school does not furnish towels, a shower after each physical education class is highly recommended.

Health Education - Grade 10

Semester Requirement

This is a semester course required of all students during their sophomore year. The course meets daily for one semester and carries one full credit.

The goal of the course is to improve the quality of family life and to promote both physical and positive mental health by helping teenagers develop the necessary skills for effective living.

Students will have the opportunity to certify in Cardiopulmonary Resuscitation (CPR) during the semester and recertification classes will be offered during the 11th & 12th grade for those wishing to keep their certification current in the future.

The areas of concern include the following: self-concept, feelings, attitudes, friends, family, parenting, marriage, money, careers, and philosophy. Areas of physical health included are drug and alcohol abuse, human sexuality, active body, understanding oneself, environment and heredity, and health careers and services.