

PHYSICAL EDUCATION

Grade 9

Grade 10

Grades 11/12

Physical Education 9

Physical Education 10

Body Toning

OR

Body Sculpting Through Yoga and Pilates

OR

Cardio

OR

Lifeguard Training

OR

Lifetime Sports

OR

Racquet Sports

OR

Strength Training 1

OR

Strength Training 2

OR

Team Sports

AND

Health

Health Electives
Health Influences
Health Literacy

See page 51 for information

Grade 10 Electives
Lifeguard Training
Cardio
Strength Training 1

PHYSICAL EDUCATION

Each class has been designed to help facilitate important components of physical fitness, strategies and skills needed to participate in a variety of activities for a lifetime of active living, and the overall importance of leading a physically active life has on the total person. Each offering has been designed to align with the state standards for Physical Education which have been adopted by the Greenfield School District.

ALL classes are co-educational. Freshmen and Sophomore physical education classes are separate. During your Junior and Senior years, the students can choose their physical education classes. Students **may not** take the same section both years. The course they select their senior year must be different than the one they chose their junior year.

There are many benefits to leading a physically active lifestyle. Students' achievement increases as their activity level increases. Some of the benefits of physical fitness are staying healthy, muscle development, and increased flexibility. Increasing the activity and fitness levels of all students is our major goal.

The following units will be taught in these courses:

| 9060 | PHYSICAL EDUCATION 9 (REQUIRED) | 9070 | PHYSICAL EDUCATION 10 (REQUIRED) | |
|-------------|--|------------------------------|---|----------------------------|
| | Swim | Swim | | |
| | Cardio/Strength Conditioning | Cardio/Nutrition/Wt. lifting | | |
| | Dance | Tennis | | <u>*Grade 10 Electives</u> |
| | Floor Hockey | Volleyball | | Lifeguard Training |
| | Soccer | Softball | | Cardio |
| | Eclipse Ball | Pickleball | | Strength Training 1 |

JUNIOR AND SENIOR SECTIONS AND UNITS TAUGHT:

| | | | |
|-------------|------------------------|-------------|-----------------------|
| 9090 | <u>Team Sports</u> | 9092 | <u>Racquet Sports</u> |
| | Water Polo | | Swim |
| | Football | | Pickleball |
| | Soccer/Speedball | | Eclipse Ball |
| | Floor Hockey | | Tennis |
| | Basketball | | Cardio |
| | Volleyball | | Badminton |
| | Ultimate Frisbee | | Table Tennis |
| 9093 | <u>Lifetime Sports</u> | | |
| | Water Sports | | |
| | Archery | | |
| | Floor Hockey | | |
| | Volleyball | | |
| | Tennis | | |
| | Softball | | |

Single Focus Classes:

9091 Cardio

.5 Credit

o9 •10 •11 •12

The students will understand the knowledge of health and physical education concepts and skills to assume lifelong responsibility. The students will develop physical, social and emotional wellness. The students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle. The students will recognize their present strengths and weaknesses and establish 2 or more goals with action plans to improve their fitness and nutrition levels. The students will do monthly reflections based on their caloric outtake, miles accumulated, duration and lap/mile times. The students will reflect on their accomplishments and setbacks.

9095 Strength Training 2

Prerequisite: Strength & Conditioning 2 & Teacher Approval

.5 Credit

○9 ○10 ●11 ●12

Students who take Strength & Conditioning 2 will have the opportunity to learn the proper technique of various Ground Based Lifts (which includes: Snatch, Back Squats and the Clean and Press Combo) while we focus on power, explosion and balance throughout each movement. Students will also continue to work towards mastery from our ST1 lifts: Front/Back Squats, High Pulls, Hang Cleans, Split Jerk, Snatch, Bench and Incline. This course also includes a variety of new/old trends in aerobic fitness. (which includes: ladder workouts, cones drills, hurdles, plyo boxes, battle ropes) Students will gain confidence as they develop the techniques of each GBL, as they ultimately develop a disposition for physical fitness and wellness.

9096 Body Toning.5 Credit

○9 ○10 ●11 ●12

Students who take Body Toning will have the opportunity to learn various ways to sculpt their body through the latest and up to date techniques relating to low impact aerobics. This class will include yoga, pilates, medicine ball/dome workouts, resistance bands, exercise balls, and water aerobics. This course is a great way to gain the skills and the lifetime disposition for physical fitness and wellness.

9100 Body Sculpting through Yoga and Pilates

Prerequisite: Body Toning

.5 Credit

○9 ○10 ●11 ●12

Students who take Body Sculpting will have the opportunity to build on what they have already learned in Body Toning. Body Sculpting will focus on improving your balance, strength and flexibility while enhancing coordination and mental focus. This class will be centered on different disciplines of Yoga and various formats of Pilates. This course is a great way to refine your Yoga and Pilates skills so you can continue a lifetime disposition for personal wellness.

9097 LIFEGUARD TRAINING.5 Credit

○9 ●10 ●11 ●12

American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, respond to aquatic emergencies. This course will also provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

Physical Education Medical Policy

When students are unable to participate in daily class activities due to injury or illness, the following criteria is used to determine the course of action for each student:

1. Students must supply their teacher with a signed note from a **Medical Physician** stating the following:
 - Reason for absence
 - Physical limitations of the student
 - Length of time the student is to miss the specific activity
 - Alternative activities they can participate in. (example: a person with an allergic reaction to chlorine can participate in any activity that is done outside of the pool).
2. Students may be placed in another Physical Education class during their assigned hour, if that class is participating in a unit that allows for participation by the student based on the medical excuse.
3. Students who miss time due to a medical will be held responsible for completing written work related to the activity that they are missing. They are also responsible for completing the measurable objective assessments related to that unit.
4. Missing more than six weeks of a class due to a medical may require the student to be placed in a Physical Education class during the next semester of classes in order to meet the curricular objectives needed to receive credit for the class. If special circumstances are present, the student will be referred to their school counselor for a determination of placement and credit issues.

Students will study and communicate personal and community health; mental, emotional, and social health; injury prevention and safety; nutrition and physical activity; alcohol, tobacco, and other drugs; human growth and development, sexual health, and Hands-Only CPR. This course is a required course for graduation.



Curriculum Course Map

Freshman Health

The Health Education course is designed to enhance the students' understanding in the areas of Wellness, Alcohol/Tobacco/ and Drugs, Nutrition, Mental Health and Suicide, and Human Growth and Development – Pregnancy, Male/Female Reproductive Systems, and STI's. Students will participate in numerous classroom activities designed to help them understand how to lead a more satisfying, productive, and healthy life. Multimedia presentations along with a number of guest speakers will supplement student centered activities.

1. Influences, Decide, Life
2. Expectancy, Goals, Wellness
3. Nutrition Overview
4. Mental Health
5. HGD
6. Drugs/Alcohol



Health Influences

This course probes deeper into the eight leading influences that are key to health and wellness, which are introduced in Health 9 (Behavior, Environment, Genetics, Technology, Healthcare, Social, Political and Media). This course provides the opportunity to investigate and comprehend the eight key influences in-depth while creating a safe environment to analyze the impacts on overall health and wellness. Diverse media and input, including guest speakers, will help to provide local and regional context and data connected to contemporary community health concerns. Students will examine and discuss careers directly related to health and wellness. The course will prepare students to apply learning to self, as well as advocate for the well-being of others.

- 8 Key Influences in Depth
- Behavior
 - Environment
 - Genetics
 - Technology
 - Healthcare
 - Social
 - Politics
 - Media



Health Literacy

This course will allow students to explore deeper into the increased health risks and topics that plague our society today. Students will take a personalized approach to learning as they engage in relevant discussions related to current events, policies, and societal norms. Students will analyze and apply knowledge focused on how the risks/topics not only impact us--individually, but globally as well. Students in this course will develop a meaningful proposal to help improve lifestyle choices to make a healthy impact on community well-being and on their own personal well-being. As a final performance assessment students will share their research in the form of a health fair for the Greenfield Community.

- Review of Influences
- Current Events
- Community and Global Health
- Perception - resources
- Becoming Advocate w Proposal

