

# *Health, Safety and Physical Education*

| Course Offerings          | Gr. 9 | Gr. 10 | Gr. 11 | Gr. 12 | Grading Level |
|---------------------------|-------|--------|--------|--------|---------------|
| Physical Education/Health | X     | X      | X      | X      | I             |

## ***Physical Education Co-ed***

Length: Three Marking Periods

Credits: 5

Grade Level: 9, 10, 11, 12

These courses will consist of comprehensive games and skill programs. Students will participate in team games, informal games, and recreational activities that have carry over value in adult life. Activities included are soccer, speedball, golf, flag football, volleyball, basketball, table tennis, badminton, gym hockey, track and field, tennis, aerobics, softball, and lacrosse. In addition to the identified activities, ongoing fitness, conditioning, and weight training will occur throughout the course. Emphasis will be placed on student effort, leading to skill improvement.

Students will be expected to dress properly for physical education classes, consistent with approved procedures and guidelines. The final Physical Education grade is a product of:

- Preparation: including appropriate gym uniform
- Performance and Participation
- Attitude and Effort
- Performance on assessments related to activities participated in

## ***Health 9***

Length: One Marking Period

Grade Level: 9

Students will study human sexuality, HIV/AIDS education, the understanding of death and the grieving process, and drug use/abuse. Topics in this course will be presented with the perspective of the students as adolescents beginning the transition into young adulthood.

## ***Health 10***

Length: One Marking Period

Grade Level: 10

This course deals extensively with safety: safety on the highway, general safety, and driver education. The dangers of drug abuse and HIV/AIDS are also taught as they relate to driver education.

## ***Health 11***

Length: One Marking Period

Grade Level: 11

Students will study community CPR, as well as the theory and skills of advanced First Aid, drug education, and HIV/AIDS education as it relates to CPR and First Aid.

## ***Health 12***

Length: One Marking Period

Grade Level: 12

Students will study cancer, the reproductive system, human sexuality, HIV/AIDS education, life skills, and drug education will be taught, with an emphasis on current health issues. Topics in this course will be presented with the perspective of the students as young adults preparing for life issues.