

PHYSICAL EDUCATION/ HEALTH DEPARTMENT

The physical education and health department focuses on informational concepts about healthy behavior. The health units focus on the physical and social skills/activities one can use throughout life to maintain good physical habits. The physical education units focus on improving one or more components of physical fitness during class workout sessions.

PHYSICAL EDUCATION/HEALTH

The Physical Education curriculum consists of the following areas: conditioning, individual, dual and group activities; and lifetime recreational pursuits.

Listed below is a sample of activities offered during the four-year program:

Aerobics	Badminton	Basketball
Conditioning	Dance	Field Hockey
Fitness Testing	Flag Football	Floor Hockey
Golf	Group Games	Pillow Hockey
Problem Solving	Rope Jumping	Soccer
Softball	Team Handball	Tennis
Track & Field	Ultimate Frisbee	Volleyball
Weight Training		

The following is the Health Education Curriculum for grades 9 thru 12:

<u>Grade 9</u>	<u>Grade 10</u>
Values	Mental and Emotional Health
Mental and Emotional Health	Physical Health
Crime and Violence Prevention	Crime Prevention
Alcohol and Drug Abuse	Alcohol and Drug Abuse
Human Sexuality	Human Sexuality
Summer Safety Issues/ Accident Prevention	
<u>Grade 11</u>	<u>Grade 12</u>
Values	Nutrition
Mental Health	Consumer Health
Crime and Violence Prevention	Safety & First Aid/CPR
Alcohol and Drug Abuse	Diseases/Death
Human Sexuality	Current Developments in health
Gambling Abuse	