

# PHYSICAL EDUCATION AND HEALTH

## Essential questions:

- What is a healthy lifestyle?
- How do decisions I make affect my physical, mental, and social health?
- How do the physical activities I do (games, conditioning) affect my quality of life now and in the future?
- What activities will I enjoy doing in the future to maintain my physical fitness? What skills will I need? How do I fit physical fitness into my daily routine?
- How does the functioning of body systems affect health and what should I do to maintain them?
- How does health affect all other areas of life?
- How do I work together with other people in physical activities? What does it mean to be part of a team? When is it appropriate to cooperate and when is it appropriate to compete?
- How do I evaluate the reliability of health information?

The graduation requirement in health and physical education is one and one-half units. Courses are generally scheduled on alternate days and are designed to enhance student development of proper wellness habits through participation in various physical activities, demonstrations, and laboratory investigations. Courses are structured to allow students of varying abilities to have successful experiences. Assessment of present and future physical needs through the planning and development of lifetime fitness programs is emphasized in some courses. Other courses focus on the development of proper fitness habits through participation in a variety of activities. All courses focus on providing the student with an appreciation of exercise and health as well as providing the student with the body of knowledge necessary to make intelligent decisions concerning health, fitness, and recreational pursuits.

During the ninth and tenth grade, four quarter credits are to be completed. The courses required during ninth grade are Choosing Wellness and Fitness for Life. Healthy Decisions is required during the tenth grade. The remaining quarter of required credit, to be completed during the ninth and tenth grade, should be chosen from the Team and Individual Electives.

Juniors and seniors complete an additional one-half unit of credit on an elective basis. Students may choose from a variety of courses within the Team and Individual Electives, which meet on a traditional basis during school hours, or from a variety of Independent Study\*\* courses, which meet on a non-traditional basis. A summer physical education course is offered as well, but can only be taken one time throughout high school.

\*\*Enrollment in Independent Study Courses requires instructor's recommendation.

## **CHOOSING WELLNESS**

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9th Grade

Credit - 1/4

Semester 1 or 2

This ninth grade required course provides students with the information and skills necessary for making good wellness choices and achieving optimal health. The areas of consumer health, body systems, first aid, nutrition, and mental health, including stress, are explored. Active teaching methods are used throughout the class, including research, group discussion and presentations, case studies, role-plays, demonstrations, expert guest speakers, and educational games. Analysis, self-evaluation, and goal setting are emphasized as students make wellness decisions to meet their individual needs. **(This course does not qualify for NCAA eligibility.)**

## **FITNESS FOR LIFE**

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9th Grade

Credit - 1/4

Semester 1 or 2

Students who pass a basic swimming test and Physical Fitness test will take this required course. This class will focus on the fitness principles and will involve anaerobic, aerobic and strength-building activities each class period. Within the semester, students will be given some choice as to the activities they want to do to increase their fitness and will become familiar with several activity options to stay fit throughout their life. Fitness testing is required by the State of Missouri and will occur at the beginning and end of the semester. **(This course does not qualify for NCAA eligibility.)**

## **HEALTHY DECISIONS**

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10th Grade

Credit - 1/4

Semester 1 or 2

### **Prerequisite: Choosing Wellness**

This tenth grade required course provides students with information, appropriate prevention strategies, and coping skills necessary to analyze and address health information and issues, particularly the numerous health issues that face teenagers and young adults. Units studied include violence prevention; mental health; consumer health; tobacco, alcohol, and other drug prevention; healthy and unhealthy relationships and sexual health. Active learning methods are used throughout the class including research, group discussion and presentations, case studies, role-plays, demonstrations, expert guest speakers, and educational games. Analysis, self-evaluation, and goal setting are emphasized. **(This course does not qualify for NCAA eligibility.)**

## **TEAM AND INDIVIDUAL ELECTIVES**

These courses provide students with the opportunity to experience a variety of team and individual activities that may be enjoyed during leisure time, now and in adulthood. Development of skills associated with participating in each activity is emphasized. Students are also provided the opportunity to interact in cooperative learning situations and to develop socialization skills.

## **TEAM SPORTS**

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9th - 12th Grade\*

Credit - 1/4

Semester 1

This is a class where students can have fun while improving their physical fitness. Students are provided the opportunity to interact in cooperative learning situations and to develop socialization skills. A variety of activities are offered to keep them excited about the class. Team sports also give some of our students a chance to participate in a sport activity they normally would not (the non-athletes). We begin each day by jogging and stretching to properly warm up before the activity starts. The activities chosen may include, but are not limited to, flag football, pillow polo, indoor or outdoor soccer, kickball, volleyball, mat ball, floor hockey and basketball. **(This course does not qualify for NCAA eligibility.)**

## **RACQUET AND NET SPORTS**

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9th - 12th Grade\*

Credit - 1/4

Semester 1

Volleyball is taught along with Racquet Sports with each session being nine weeks in length. The students will master a series of skills tests to help develop an appreciation and understanding of the game of volleyball. The test will consist of serving, setting, bumping, and digging in addition to understanding strategies needed to compete in a recreational game of volleyball as a lifetime activity.

The racquet sports section will consist of the following sports: Tennis, badminton, table tennis, and pickle ball. Badminton is a unique sport that anyone with any skill level can enjoy. The rules, grip, stance, serves and equipment will be explored in this class. This is a fun class and is designed to help improve students' skills and knowledge to play these racquet sports for a lifetime of pleasure. **(This course does not qualify for NCAA eligibility.)**

## **STRENGTH AND ENDURANCE**

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9th - 12th Grade\*

Credit - 1/4

Semester 1 or 2

This course provides students with the opportunity to exercise at a high level. It provides the perfect situation for students who are training for an upcoming sport or students who enjoy vigorous fitness training. The methods of training will consist of aerobic and anaerobic conditioning, and of plyometric and strength training to enhance health and skill-related fitness. **(This course does not qualify for NCAA eligibility.)**

## **5K/TRIATHLON TRAINING**

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10th - 12th Grade

Credit - 1/4

Semester 1 or 2

This course will train students over the course of a semester how to train and run in 5K's and to train for a triathlon. We will utilize the indoor and outdoor tracks, Shaw Park, the indoor pool and the spinning bikes. Students will be required to run in at least two 5K's over the course of the semester, and will finish with a triathlon. **(This course does not qualify for NCAA eligibility.)**

## **CROSSFIT**

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10th - 12th Grade\*

Credit - 1/4

Semester 2

This course will utilize the fitness revolution that is sweeping the country right now. The slogan of forging elite fitness will guide our class. We will use different tactics (such as a WOD – workout of the day) to build functional fitness for anyone. This strength and conditioning program is constantly varied, high-intensity, and has functional movement. The training will consist of aerobic and anaerobic conditioning, plyometric and strength training. **(This course does not qualify for NCAA eligibility.)**

## **BASIC CLIMBING**

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10th - 12th Grade

Credit - 1/4

Semester 1 or 2

This is a beginning course in basic climbing skills. The climbing wall, located in the Center of Clayton, will be utilized in developing basic rock climbing skills and techniques, and in developing the knowledge needed to safely enjoy this sport. In addition, the instruction in proper strength training and aerobic conditioning associated with climbing will be presented. Students' grades are a combined total of points from their participation grade and skill-based assessments. Enrollment is limited to 10 students per class period. **(This course does not qualify for NCAA eligibility.)**

## **ADVENTURE EDUCATION**

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10th – 12th Grade

Credit - 1/4

Semester 1 or 2

This course offers students the opportunity to participate in a variety of different adventure education activities. Initiative games, team challenges, climbing, orienteering, archery, and outdoor cooking are just a sampling of

activities that will be taught during the semester. All interested students 10th – 12th grade are encouraged to enroll. **(This course does not qualify for NCAA eligibility.)**

## **BODYROCK AEROBICS AND DANCE**

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10th - 12th Grade

Credit - 1/4

Semester 1 or 2

This course offers students the opportunity to participate in a variety of creative movement activities that are both locomotor and non-locomotor. It is set up by quarter, with the beginning of the class concentrating on aerobics and the second half on dance. This course will offer students the opportunity to experience different forms of aerobic conditioning with such things as body sculpting, step-aerobics, abdominal classes and spin. Students will develop rhythmic and spatial awareness while they improve their flexibility and conditioning levels. Dance forms taught during the course will include Latino dance and hip-hop dance. Students of all skill levels are invited to sign up for this class. **(This course does not qualify for NCAA eligibility.)**

## **INDEPENDENT STUDY - PERSONAL FITNESS**

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11th - 12th Grade

Credit - 1/4

Semester 1 or 2

### **Prerequisite: Consent of the Instructor**

Personal Fitness is designed to allow students the opportunity to improve their health-related fitness while participating in activities they enjoy and can do for a lifetime. Students use a portfolio approach to assess their current fitness needs by completing a series of tests that determine their cardiovascular fitness, strength, endurance, flexibility, and body composition. Establishing goals, preparing a personal fitness plan for the future, and keeping performance records in a fitness log provides students with the data needed to complete a brief paper describing the personal fitness activities that they engaged in throughout the semester. Flexible scheduling, designed to meet any student's schedule, is utilized to fulfill the required 10 student/teacher conferences. Students are required to work out at the Center of Clayton 30 times out of 54 possible workout sessions. **(This course does not qualify for NCAA eligibility.)**

## **ADVANCED STRENGTH AND POWER DEVELOPMENT (9th hour course)**

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9th - 12th Grade\*

Credit - 1/4

Semester - 2

### **Prerequisite: Consent of the Instructor**

This course has been carefully planned and constructed for the student-athlete who is interested in participating in a rigorous conditioning program that is based on progressive resistance and plyometric training principles. The strength and power training sessions that comprise the majority of the course consist of advanced weight training exercises and plyometric drills designed to produce maximum increases in strength and power. Students are provided a personalized computer-generated program booklet to be used for documenting their progress over an eight-week period. The class meets every day (Monday through Friday) from 3:15 to 4:15 p.m. beginning the first week in January and continuing through the last week in February. Students are required to secure instructor's approval for enrollment. **(This course does not qualify for NCAA eligibility.)**

**\*If this course is taken in 9th or 10th grade, it must be in addition to the required physical education courses.**