

HEALTH AND PHYSICAL EDUCATION

<p>Health and Physical Education 8 Grade Level: 8 Skillful movement in modified, dynamic game/sport situations and in a variety of rhythmic and recreational activities. The grade-eight student applies knowledge of major body structures to The explain how body systems interact with and respond to physical activity and how structures help the body create movement. Students will explain the relationship between nutrition, activity, and body composition to deepen understanding of energy balance. Students are able to set goals, track progress, and participate in physical activities to improve health-related fitness. They have a repertoire of abilities across a variety of game/sport, dance, and recreational pursuits and begin to develop competence in specialized versions of lifelong game/sport activities</p>	<p>Advanced Physical Education I Grade Levels: 11-12 <i>Prerequisite: P.E. 10</i> This class builds on the concept of fitness and wellness using weight training, flexibility, and conditioning as its major components. The emphasis will be placed on incorporating a healthy lifestyle into daily living by developing muscle strength and endurance. Students will be expected to perform a well-balanced fitness routine on a regular basis</p>
<p>Health and Physical Education 9 Grade Level: 9 Proficiency in all areas of fitness is explored in this class. Students will perform rhythmic activities, track and field, volleyball and basketball. Health instruction includes alcohol and other drugs, consumer health, disease prevention and control, first aid, personal health, growth and wellness.</p>	<p>Advanced Physical Education II Grade Level: 12 This class continues to build on the concept of fitness and wellness using weight training, flexibility, and conditioning as its major components. The emphasis will be placed on incorporating a healthy lifestyle into daily living by developing muscle strength and endurance. Students will be expected to perform a well-balanced fitness routine on a regular basis.</p>
<p>Driver Education /Physical Education 10 Grade Level: 10 <i>Prerequisite: Health & P.E. 9</i> Proficiency in all areas of fitness is explored in this class. Students will perform rhythmic activities, outdoor education, and team sports. Driver education is part of the course and offers students the opportunity to develop knowledge and skills in the safe operation of a motor vehicle. The state requires 36 hours of classroom instruction The behind-the-wheel program covers practical driving and skills necessary to implement knowledge acquired in the classroom. The practical portion includes 14 hours of behind the wheel instruction. There is a fee charged for behind-the-wheel instruction, approximately \$190.</p>	