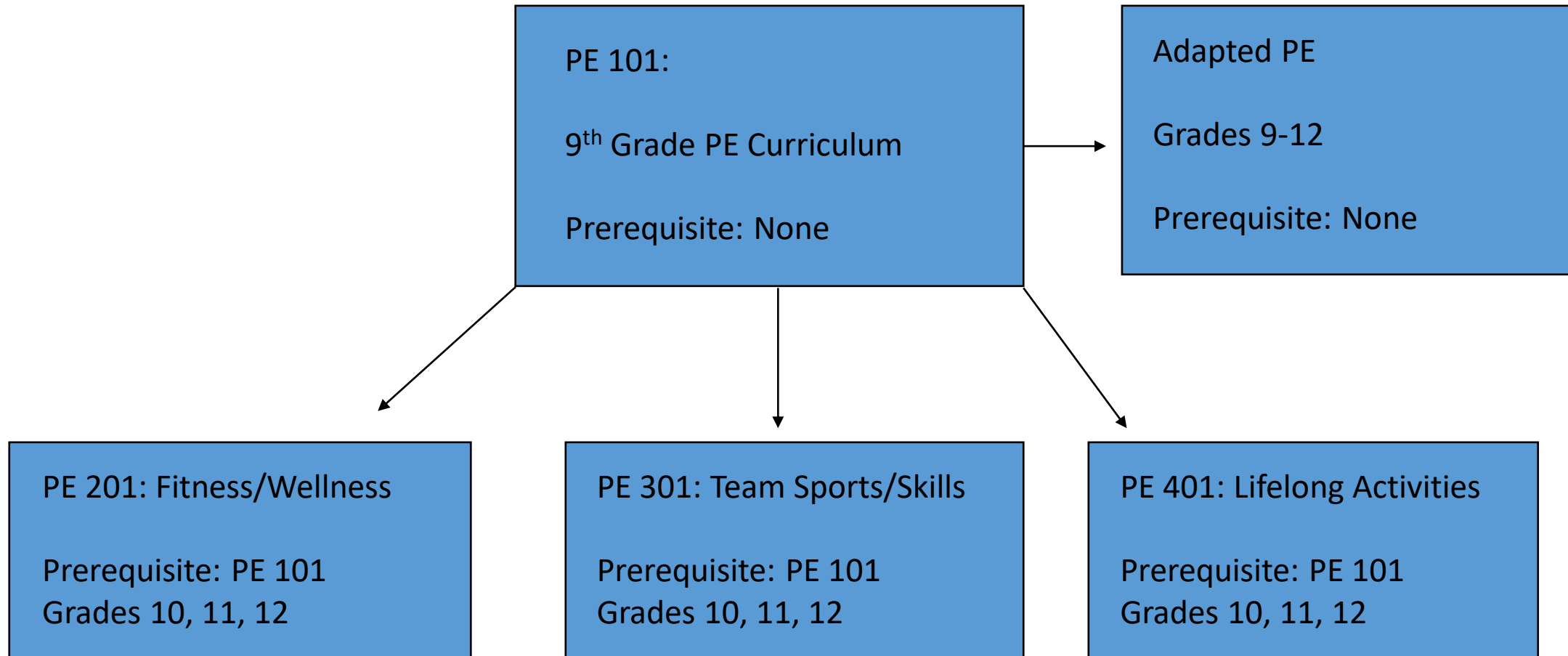
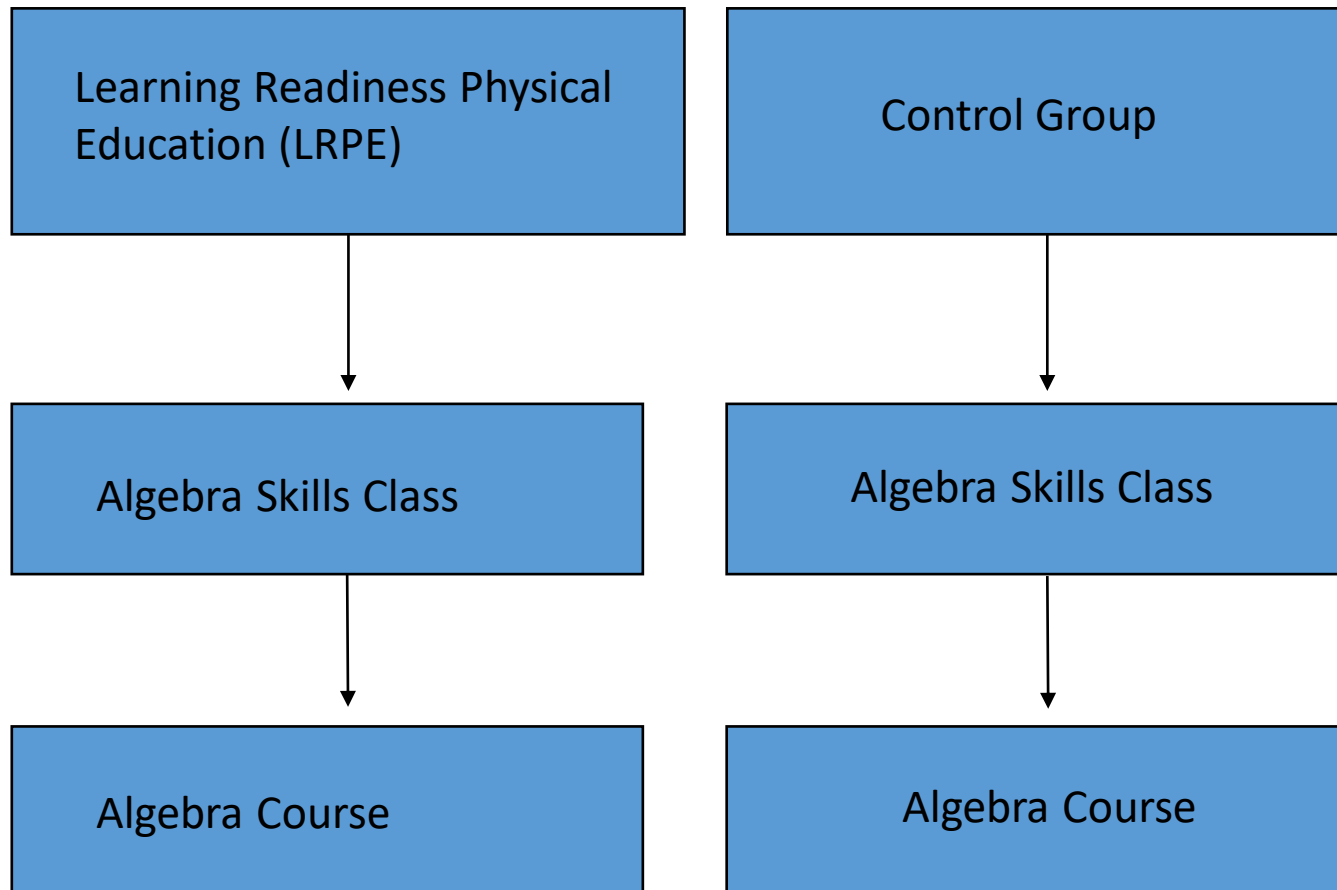


# High School Physical Education Flow Chart



# High School LRPE Flow Chart



## LRPE Description:

Students will be placed in PE prior to Algebra Skills/Algebra

### Cohort:

- 1 group of students will be scheduled for PE prior to Algebra Skills and Algebra
  - The other group (control group) will be scheduled for Algebra skills and Algebra (PE later in the day)
    - Data will be collected and analyzed as to the progress of both groups; assessing the effect of physical activity/target heart rate zone on academic achievement.
- \*\*\*Both classes will receive instruction from same teacher and same curriculum

# Physical Education Course Description

## **PE 101: Grade 9** (Full Year, Alternate Days, ½ credit)

9<sup>th</sup> grade will be exposed to a multitude of fitness activities, project adventure activities, fitness principles, team sports, and lifelong activities.

## **PE 201: Fitness/Wellness: Grades 10/11/12** (Full Year, Alternate Days, ½ credit)

### **Prerequisite: PE 101**

This course is designed to assist students in their understanding of how to maintain personal fitness and wellness for life. Students will learn how to assess their own personal fitness levels and the benefits of the 5 components of health-related fitness; using a variety of fitness activities. Students will utilize the POLAR A370 Fitness Watch and the POLAR Go Fit App to maintain and understand their own fitness levels. Activities may include but are not limited to: (weight room, yoga, mindfulness, fitness on demand).

## **PE 301: Team Sports: Grades 10/11/12** (Full Year, Alternate Days, ½ credit)

### **Prerequisite: PE 101**

This course is designed to provide students with an opportunity to participate in 8 activities throughout the school year. Students will be required to demonstrate a combination of skills, knowledge and behaviors while participating on a team. Team sports may include but are not limited to: (soccer, flag football, volleyball, team handball, hockey, speedball).

# Course Description continued...

**PE 401: Lifelong Activities: Grades 10/11/12** (Full Year, Alternate Days, ½ credit)

**Prerequisite: PE 101**

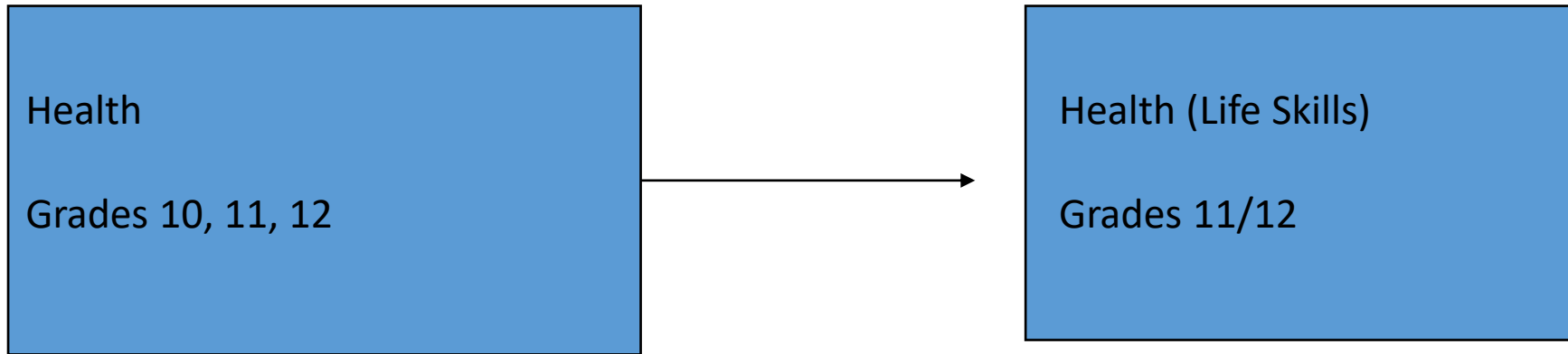
This course is designed to assist students in their understanding of how to participate in lifelong activities. Lifelong physical activities involves participating in a range of activities that will assist in maintaining personal fitness and overall health for life. Lifelong activities may include but are not limited to: (golf, tennis, ping pong, badminton, pace walking).

**Adapted Physical Education: Grades 9-12** (Full Year, Alternate Days, ½ credit)

**Prerequisite: None**

Adapted physical education provides the students with a positive movement experience in a small group setting. The students are given opportunities to acquire and enhance their motor and cognitive skills. APE will develop students' movement skills in the areas of gross locomotor movement patterns, ball skills, striking skills and balance. APE will afford students an opportunity to develop skills in various sports, fitness and lifelong activities in a smaller class setting. This setting allows the student to learn at their own pace and have their specific needs met while being in a positive setting; appreciating and understanding lifelong fitness and overall health.

# High School Health Education Flow Chart



# Health Education Course Description

## **Health: Grades 10/11/12** (Full Year, Alternate Days, ½ credit)

Health Education is instruction in concepts, understandings and behaviors that cover several dimensions of health. Instruction covers mental health, nutrition and fitness, drugs, alcohol and tobacco, safety, disease prevention and control, environment and public health, consumer health, family life education, and other health-related areas. Within each content area students examine their behavior, identify alternate behaviors and evaluate the effect of continuing a particular behavior with respect to its benefits and/or consequences. This process for examining and evaluating behavior is intended to promote quality living and a healthy lifestyle. Students will develop skills to apply the knowledge learned to create an optimal quality of health. Guest speakers, field trips, class meetings and team building activities are used to enhance student understanding. Community resources supplement content areas.

## **Health for Life Skills: Grades 11/12** (Full Year, Alternate Days, ½ credit)

Health for Life Skills will provide instruction for students in the 11/12 Life Skills program. Course will be designed to provide life skills for students including but not limited to: hygiene, nutrition, conflict resolution, mental health and age/skill appropriate material pertaining to health education and aligned with NYS and National Standards.