

## **HEALTH AND PHYSICAL EDUCATION**

### Health Content Standards

- |   |                                     |
|---|-------------------------------------|
| A. Health concepts                          | D. Influences on health             |
| B. Health information services and products | E. Communication skills             |
| C. Health promotion and risk reduction      | F. Decision making and goal setting |

### **HEALTH**

1 Credit

Health is a yearlong course and meets daily.

### **HEALTH I & HEALTH II**

1/2 Credit each

(Seniors who have already received ½ Credit in health)

One full year must be successfully completed before graduation requirements can be fulfilled. The course is designed to learn about total health: physical, mental, and social. The focus is on wellness, making daily choices and decisions based on healthy attitudes. Units are offered in the 5 health content area groupings as follows:

- 1) Personal Health and Nutritional Health
- 2) Family Life and Growth and Development
- 3) Consumer Health and Tobacco, Alcohol and Other Drug Use Prevention
- 4) Safety and Accident Prevention
- 5) Community Health, Environmental Health and Prevention and Control of Disease and Disorders

A conflict resolution unit will also be taught.

### **PHYSICAL EDUCATION I**

### **PHYSICAL EDUCATION II**

1/2 Credit each

The physical education program develops competencies in different activities offered in the curriculum. We give each student a variety of individual and team sports with the emphasis on lifetime activities.

Physical education is required for graduation and counts towards honor roll. Students are given written and skills tests. Student assessment is based on participation, acting responsibly, written and skills test. Students must take and pass both Physical Education I and II – both offer different activities.

- In order to meet graduation requirements, students must complete one (1) full year of PE.

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