

## Health and Physical Education

<b>PHYSICAL EDUCATION 9/HEALTH 9 (015-1)</b> <b>Prerequisite: None.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grade 9</b>
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In addition to Physical Education 9, this is the first course in the sequence of four required courses, which comprise the comprehensive health and wellness education program. This course provides students with the knowledge and skills to critically analyze the effects of personal decisions on growth and development and to engage in positive behaviors, which maintain a healthy lifestyle. The curriculum includes topics such as healthy relationships, drugs and medicine, nutrition and mental/emotional health, which is inclusive of depression and suicide. Through participation in a variety of instructional activities, students enhance communication, problem-solving, and refusal skills.

<b>PHYSICAL EDUCATION 9 (015-2)</b> <b>Prerequisite: None.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 9</b>
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**Fitness 1:** This course examines the 5 components of health related physical fitness: cardiorespiratory endurance, body mass index, muscular strength, muscular endurance and flexibility. Using a variety of equipment and technology, students will develop a personal fitness plan and work toward their fitness goals through the duration of the course. Students will know what exercises contribute to improvement of the components and be tested for each. Polar Bluetooth Heart Rate Monitors enable students to individualize their experience and track their level of effort based on time spent in target heart rate.

**Adventure I:** This course of study introduces students to the opportunity to engage in physical, emotional, and social challenges in a safe environment. The atmosphere, facilitated by a certificated adventure instructor, is both emotionally and physically designed for safety. As a result of their participation in Project Adventure, students will learn teamwork, communication, conflict resolution, cooperation, and how to face risk. Prior to participation in the course, parents/guardians will be asked to sign a liability waiver in order for students to participate in elements that are off the ground.

**Team Sports/Games:** Students will participate in a variety of games and team activities that foster cooperation, communication, and teamwork. Strategies such as offense, defense and invasion will be explored. Depending on the time of year, activities may include, but are not limited to: hockey, team handball, tchoukball, ultimate Frisbee, softball, volleyball, basketball, football, soccer, tennis and wiffle ball.

**Body Awareness/Gymnastics:** Students will learn general body awareness as they develop movement skills through different planes and rotate around different axes. Students will explore rhythm and lifetime physical activity through movement.

<b>PHYSICAL EDUCATION 10/DRIVER EDUCATION (025-1)</b> <b>Prerequisite: Successful completion of Physical Education 9.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grade 10</b>
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This course provides instruction in the mechanical operation of the automobile, basic driving techniques, defensive driving strategies, and the handling of driving emergencies. A major portion of

the course is devoted to learning the New Jersey motor vehicle laws and regulations for the State driver's examination, which is administered in class. Alcohol and Drug prevention education, refusal skills, as well as decision-making skills, are critical components of this course. The topic of organ and tissue donation is addressed and students are made aware of the registration process via NJ MVC licensure. All students take the NJ Motor Vehicle Commission driver's/permit exam as one of the culminating activities for this course.

**PHYSICAL EDUCATION 10 (025-2)**

**Prerequisite: Successful completion of Physical Education 9.**

**2.5 Credits  
Semester  
Grades 10**

Adventure II: This course of study continues to afford students the opportunity to engage in physical, emotional and social challenges in a safe environment. The atmosphere, facilitated by a certificated adventure instructor, is both emotionally and physically designed for safety. As a result of their participation in Project Adventure, students will learn teamwork, communication, conflict resolution, cooperation and how to face risk. Prior to participation in the course, parents/guardians will be asked to sign a liability waiver in order for students to participate in elements that are off the ground.

Softball: This course introduces the sport of softball and the knowledge and skills associated with successful participation. Skills include throwing, catching, scoring, base running and hitting.

Fitness II: This course reinforces the 5 components of health related physical fitness: cardiorespiratory endurance, body mass index, muscular strength, muscular endurance and flexibility. Using a variety of equipment and technology, students will develop a personal fitness plan and work toward their fitness goals through the duration of the course. Students will know what exercises contribute to improvement of the components and be tested for each. Polar Bluetooth Heart Rate Monitors enable students to individualize their experience and track their level of effort based on time spent in target heart rate.

Football: The course introduces the sport of football and the knowledge and skills associated with successful participation. Skills include throwing, catching, running, kicking and punting.

Volleyball: The course introduces the sport of volleyball and the knowledge of skills associated with successful participation. Skills include serving, bumping, setting, spiking and tactical positioning.

Pickleball: The course will introduce the skills of the sport in cooperative play format while teaching strategy, history, rules, and etiquette.

<b>PHYSICAL EDUCATION 11 (035-1)</b> <b>Prerequisite: Successful completion of Physical Education 10.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 11</b>
<p><u>Golf</u>: This course offers students the opportunity to engage in a variety of skill development, including holding the club, body position, driving, putting and chipping. Students will also learn about golf etiquette, rules, and scoring. Using a variety of equipment and technology, students will improve their skills and understanding of the game of golf. The course uses video-analysis to capture student performance and analyze skill cues to help students improve their game.</p> <p><u>Adventure III</u>: This course of study continues to give students the opportunity to engage in physical, emotional, and social challenges in a safe environment. The atmosphere, facilitated by a certificated adventure instructor, is designed to support emotional and physical safety. As a result of their participation in the Adventure course, students will utilize the skill of teamwork, communication, conflict resolution, cooperation and how to face risk. Prior to participation in the course, parents/guardians will be asked to sign a liability waiver in order for students to participate in elements that occur off the ground.</p> <p><u>Archery I</u>: Students will be introduced to Archery as an individual physical activity. Trained instructors will guide students through the cues for shooting at a target. Foundational strategies to support safety and protocols for participation will also be explored. Students will have opportunities to engage in self-reflection and set goals for improving their archery game.</p>	

<b>PHYSICAL EDUCATION/HEALTH 11 (035-2)</b> <b>Prerequisite: Successful completion of Physical Education 10.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grade 11</b>
<p>This course encompasses several components of the comprehensive health education model, including injury prevention and safety, drugs and medicine, human sexuality, health promotion, and disease prevention. The major portion of this course is devoted to the attainment of the skills and knowledge for responding in emergencies. The American Red Cross Course First Aid/CPR/AED for Community and Schools resources serves as the basis for the curriculum. At the end of the unit, all students who have shown mastery are given the opportunity to apply for ARC certification (for a nominal fee). Additionally, students will research and analyze current drug trends and the process of addiction. Through participation in group presentations students will enhance communication, problem-solving, and refusal skills.</p>	

<b>PHYSICAL EDUCATION 12 (045-1)</b> <b>Prerequisite: Successful completion of Physical Education 11.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 12</b>
<p><u>Badminton:</u> The course examines the rules of Badminton scoring, boundaries, technique, and etiquette. Proper technique will be examined including hand grip for serving, backhand, forehand, overhead slam and underhand. The course uses a variety of equipment and technology, including videos of proper technique. Students will know how to hold and grip the racquet, keep score, and how to self-assess and provide supportive peer feedback.</p> <p><u>Archery II:</u> Students will be introduced to Archery as an individual physical activity. Trained instructors will guide students through the cues for shooting at a target. Foundational strategies to support safety and protocols for participation will continue to be explored.</p> <p><u>Team Games:</u> Students will participate in a variety of games and team activities that foster cooperation, communication, and teamwork. Strategies such as offense, defense, and invasion will be explored. Depending on the time of year, activities may include, but are not limited to: pillow polo hockey (soft stick hockey), team handball, tchoukball, softball, volleyball, basketball, football, ultimate frisbee, soccer and cricket.</p>	

<b>PHYSICAL EDUCATION/HEALTH 12 (045-2)</b> <b>Prerequisite: Successful completion of Physical Education 11.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grade 12</b>
<p>This course continues to build on the comprehensive health education model by further addressing relationships and marriage, pregnancy, childbirth and family, drugs and medicine, disease, and wellness. Students analyze the components needed to build a foundation for stable, healthy relationships. Students will be able to identify the aspects of unhealthy relationships. Students examine the roles and responsibilities of parenting and environmental aspects of pregnancy and childbirth in order to prepare for a possible future role as parents of healthy offspring. Current and topical health issues such as cancer-prevention education are emphasized during this course.</p>	

<b>ADAPTED PHYSICAL EDUCATION &amp; GENERAL HEALTH (055)</b> <b>Prerequisite: Recommendation by the Child Study Team.</b>	<b>5 Credits</b> <b>Full Year</b> <b>Grades 9-12</b>
<p>This course is designed for students who require a modified program to meet the physical education and health requirements. The course integrates health and physical education concepts to allow maximum participation in a supportive and safe environment. The program activities include fitness activities, lifetime sports, and inclusion in regular physical education activities within students' capabilities. At times, a more individualized program may be developed and prescribed. Parents are advised to consult with the Child Study Team for any potential program modifications as early as possible in the scheduling process.</p>	

<b>DANCE 1 (065)</b> <b>Prerequisite: None.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 9-12</b>
<p>This course is an introductory course for all students who wish to study dance as an art form and express themselves through movement. Coursework will be both participatory and theoretical, including but not limited to experiencing dance techniques such as ballet, modern, jazz and hip hop dance. Experiences primarily reflect a studio dance technique where topics and concepts are interlaced and an ongoing part of the daily technique classwork in all units. In addition to physically taking class on a daily basis students will also gain knowledge and aesthetic awareness of dance in its historical, cultural, and social contexts through the study of dance history in all genres of dance. An introduction to stretch and conditioning for dancers including the different types and importance of stretch and conditioning will be introduced in this course, as well as, an overall understanding of wellness. Instructors will vary the coursework sequence to reflect student needs and serve skill development. This course can be taken either in lieu of or in addition to a student's full Physical Education semester.</p>	

<b>DANCE 2 (066)</b> <b>Prerequisite: Dance 1.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 10-12</b>
<p>This course is designed as an extension course to Dance I. A great focus will be on expanding dance technique to a more accomplished degree. Instruction will focus on increasing understanding of individual style vernacular, clarity of movement, intention and delivery of artistic intent. Throughout this course, various dance genres such as ballet, modern, jazz, and hip hop will be explored at an intermediate level. Through a variety of skill assessments students will have the opportunity to work individually and collaboratively to design dance studies that integrate and combine movement vocabulary, choreographic devices, notation systems and dance structures drawn from a variety of dance genres. Instructors will continue to vary the coursework sequence to reflect student needs and serve skill development. This course can be taken either in lieu of or in addition to a student's full Physical Education semester.</p>	

<b>DANCE 3 (067)</b> <b>Prerequisite: Dance 2.</b>	<b>2.5 Credits</b> <b>Semester</b> <b>Grades 10-12</b>
<p>This course is designed as an extension to Dance I and Dance II. A great focus will be on expanding dance technique to an advanced degree. A multitude of intermediate and advanced pieces of choreography and techniques from a variety of famous choreographers will be explored and demonstrated. Students will begin to analyze and understand the choreographic process by working individually and collaboratively to develop their own creative expression through improvisation, choreography and performance while using a variety of movement vocabulary, choreographic devices, notation systems and dance structures drawn from a variety of dance genres. Instructors will continue to vary the coursework sequence to reflect student needs and serve skill development. This course can be taken either in lieu of or in addition to a student's full Physical Education semester.</p>	