COURSE TITLE: Health and Physical Education – Grade 6

PREREQUISITE: N/A

DESCRIPTION: Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 6th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:

PE:

- **Skilled Movement**
  The student will demonstrate competence in locomotor, non-locomotor, and manipulative skill combinations and sequences in dynamic game, rhythmic, and fitness activities.

- **Movement Principles and Concepts**
  The student will apply movement principles and concepts to movement-skill performance.

- **Personal Fitness**
  The student will use personal fitness tools and data to improve physical fitness.

- **Responsible Behaviors**
  The student will work independently and with others in physical activity settings.

- **Physically Active Lifestyle**
  The student will identify and seek opportunities to participate in regular physical activity at school, at home, and in the community.

HEALTH:

- **Knowledge and Skills**
  The student will apply the following skills to decisions regarding health and wellness: critical-thinking skills and personal-management strategies; knowledge of the body’s structures and functions to make sound decisions related to personal health; describe the connections between mental and physical development as they relate to adolescence; analyze the consequences of personal choices on health and wellness; demonstrate injury prevention and management skills to promote personal and family health.

- **Information Access and Use**
  The student will access and analyze information for the purpose of improving personal and family health.

- **Community Health and Wellness**
  The student will evaluate the benefits of becoming a positive role model within the family and the community.

PE TOPICS:

- Cooperative Games
- Lifetime Fitness Activities
- Individual and Dual Sports
- Team Sports
- Lifetime Recreational Activities
- Rhythmic Activities

HEALTH TOPICS:

- Personal Management Strategies
- Function and Interaction of Health Body Systems
- Mental and Physical Development
- Personal Choices for Health and Wellness
- Injury Prevention
- Analysis of Health Information
- Community Health and Wellness
- Family Life Education (FLE)

CREDIT INFO: N/A
COURSE TITLE: Health and Physical Education – Grade 7

PREREQUISITE: N/A

DESCRIPTION: Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 7th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:

PE:

Skilled Movement
The student will demonstrate competence in modified versions of various game/sport, rhythmic, and recreational activities.

Movement Principles and Concepts
The student will understand and apply movement principles and concepts.

Personal Fitness
The student will apply concepts and principles of training to improve physical fitness.

Responsible Behaviors
The student will work independently and with others in cooperative and competitive physical activity settings.

Physically Active Lifestyle
The student will select and participate in physical activity to produce health-related benefits.

HEALTH:

Knowledge and Skills
The student will use knowledge of health concepts to make decisions related to personal safety and wellness; will describe and exhibit the behaviors associated with a physically active and healthy lifestyles.

Information Access and Use
The student will investigate and analyze the various factors that guide an individual’s decisions about health and wellness.

Community Health and Wellness
The student will describe how family and community priorities influence an individual’s ability to reduce diseases and other health problems; will work cooperatively with others to support and promote healthy schools, families, and communities.

PE TOPICS:
Cooperative Games
Lifetime Fitness Activities
Individual and Dual Sports
Team Sports
Lifetime Recreational Activities
Rhythmic Activities

HEALTH TOPICS:
Personal Safety and Wellness
Active and Healthy Lifestyles
Making Healthy Choices
Personal and Community Health
Promotional of Healthy Practices
Family Life Education (FLE)

CREDIT INFO: N/A
COURSE TITLE: Health and Physical Education – Grade 8

PREREQUISITE: N/A

DESCRIPTION: Students are offered a variety of challenging learning and physical activities with an emphasis on lifetime health and wellness. The 8th grade Health & Physical Education program is offered every other day. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:

PE:

Skilled Movement
The student will demonstrate competence in one or more modified versions of various game/sport, rhythmic, and recreational activities; will perform skills in several game/sport, dance, and recreational activities.

Movement Principles and Concepts
The student will apply movement principles and concepts to specific sport, dance, and recreational skill performance.

Personal Fitness
The student will apply self-assessment skills to improve or maintain personal fitness.

Responsible Behavior
The student will work independently and with others in cooperative and competitive physical activity settings.

Physically Active Lifestyle
The student will demonstrate a physically active lifestyle, including activity within and outside of the physical education setting.

HEALTH:

Knowledge and Skills
The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years; apply health concepts and skills to the management of personal and family health; make choices that demonstrate an understanding of the relationship between nutrition and emotional and physical health.

Information Access and Use
The student will interpret and evaluate how health information, products, services, and agencies target adolescents.

Community Health and Wellness
The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community.

PE TOPICS:

Cooperative Games
Lifetime Fitness Activities
Individual and Dual Sports
Team Sports
Lifetime Recreational Activities
Rhythmic Activities

HEALTH TOPICS:

Health-Risk Behaviors
Management of Personal and Family Health
Relationship of Nutrition to Emotional and Physical Health
Consumer Health
Characteristics of Healthy Communities
Family Life Education (FLE)

CREDIT INFO: N/A
COURSE TITLE: Health and Physical Education – Grade 9

PREREQUISITE: N/A

DESCRIPTION: Students were introduced to a variety of physical activities and health concepts in middle school and will be provided with opportunities in high school to self-select activities that may be included in a lifetime program of health and physical activity. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:

PE:

Skilled Movement
The student will perform all basic movement skills and demonstrate competence in at least two self-selected, lifelong, skill-related physical activities from individual, dual, or team game/sport, dance, and recreational pursuit categories.

Movement Principles and Concepts
The student will apply movement principles and concepts to specific sport, dance, and recreational skill performance.

Personal Fitness
The student will demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.

Responsible Behaviors
The student will demonstrate appropriate behaviors in all physical activity settings.

Physically Active Lifestyle
The student will participate in school and community physical activities that are challenging and health-enhancing and that provide opportunities for social interaction.

HEALTH:

Knowledge and Skills
The student will apply health knowledge and skills to the development and analysis of personal goals to achieve and maintain long-term health and wellness; analyze and evaluate the relationships among healthy behaviors, disease prevention and control, and comprehensive wellness; analyze, synthesize, and evaluate the relationships among positive health behaviors, prevention and treatment of injury, and premature death.

Information Access and Use
The student will use various sources of information to evaluate global health issues.

Community Health and Wellness
The student will evaluate the benefits of collaboration in relation to community health and wellness initiatives.

PE TOPICS:

Cooperative Games
Lifetime Fitness Activities
Individual and Dual Sports
Team Sports
Lifetime Recreational Activities
Rhythmic Activities

HEALTH TOPICS:

Development of Long Term Health and Wellness Goals
Healthy Behaviors
Prevention and Treatment of Injury and Premature Death (includes instruction in CPR/AED/First Aid)
Examination of Global Health Issues
Identification of Community Health and Wellness Initiatives
Family Life Education

CREDIT INFO: N/A
COURSE TITLE: Health and Physical Education – Grade 10

PREREQUISITE: N/A

DESCRIPTION: In tenth grade, high school students will continue to be provided with opportunities to self-select activities that may be included in a lifetime program of health and physical activity. Virginia Standards of Learning identify the following learning strands for Health & Physical Education:

PE:

Skilled Movement
The student will demonstrate proficiency in all basic movement skills and patterns and competency in at least three self-selected, lifelong, skill-related physical activities.

Movement Principles and Concepts
The student will apply movement principles and concepts to skill performance.

Personal Fitness
The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness.

Responsible Behaviors
The student will demonstrate appropriate behavior in all physical activity settings.

Physically Active Lifestyle
The student will analyze and evaluate the significance of physical activity to their present and future development and maintenance of a healthy lifestyle.

HEALTH:

Knowledge and Skills
The student will demonstrate an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and wellness of self and others; will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body; will implement personal-injury-prevention and self-management strategies that promote personal, family, and community health throughout life.

Information Access and Use
The student will synthesize and evaluate available health information, products, and services for the value and potential impact on his/her health and wellness throughout life.

Community Health and Wellness
The student will evaluate how different types of behaviors impact the family and community.

PE TOPICS:
Cooperative Games
Lifetime Fitness Activities
Individual and Dual Sports
Team Sports
Lifetime Recreational Activities
Rhythmic Activities

HEALTH TOPICS:
Reducing Health Risks
Social/Emotional Health
Health Information, Products, and Services
Health and Community Service
Alcohol, Tobacco and other Drugs
Healthy Driving Behaviors (taught in conjunction with Driver Education)
Family Life Education

CREDIT INFO: N/A
COURSE TITLE: Advanced Physical Education I (Grades 11-12)

PREREQUISITE: Health and PE 10

DESCRIPTION: This class is designed for those students who have an interest in physical fitness and/or advanced level training in individual and team sports. This course will be offered in alternating years and is offered in 2008-2009. The Physical Education Standards of Learning identify the fives strands listed below:

PE:

**Skilled Movement**
The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity.

**Movement Principles and Concepts**
The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity.

**Personal Fitness**
The student will achieve and maintain a health-enhancing level of physical fitness.

**Responsible Behaviors**
The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals.

**Physically Active Lifestyle**
The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.

TOPICS:

- Cooperative Games
- Lifetime Fitness Activities
- Individual and Dual Sports
- Team Sports
- Lifetime Recreational Activities
- Rhythmic Activities

CREDIT INFO: One (1)
COURSE TITLE: Advanced Physical Education II (Grades 11-12)

PREREQUISITE: Advanced Physical Education I

DESCRIPTION: This class is designed for those students who have an interest in physical fitness and/or advanced level training in individual and team sports. This course will be offered in alternating years and is offered in 2009-2010. The Physical Education Standards of Learning identify the five strands listed below:

PE:

Skilled Movement
The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity.

Movement Principles and Concepts
The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity.

Personal Fitness
The student will achieve and maintain a health-enhancing level of physical fitness.

Responsible Behaviors
The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals.

Physically Active Lifestyle
The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.

TOPICS:
Cooperative Games
Lifetime Fitness Activities
Individual and Dual Sports
Team Sports
Lifetime Recreational Activities
Rhythmic Activities
Assist in Elementary Field Days

CREDIT INFO: One (1)