

**Grade: 9**

**Subject: Health**

**Department: Physical Education**

**Division: Upper School**

**\* This is a required course that can be taken in grade 8 or 9.**

<b>LEARNING OBJECTIVES</b>	<b>SKILLS</b>	<b>INSTRUCTIONAL TECHNIQUES</b>	<b>EVALUATION</b>
<p>Students will:</p> <ul style="list-style-type: none"><li>● Health Care &amp; Prevention</li><li>● Mental Health<ul style="list-style-type: none"><li>● Mental Illness</li><li>● Eating Disorders</li><li>● Stress</li></ul></li><li>● Physical Health<ul style="list-style-type: none"><li>● Nutrition &amp; Fitness</li><li>● Chronic and Infectious Disease</li><li>● Substance use &amp; Abuse</li><li>● Sex Education</li></ul></li><li>● Social Health<ul style="list-style-type: none"><li>● Healthy Relationships</li></ul></li></ul>	<p>Strategies will:</p> <ul style="list-style-type: none"><li>● Research and present on various topics</li><li>● Apply critical thinking skills to various health topics</li><li>● Evaluate your personal ideas about health</li><li>● Apply health topics to your life</li></ul>	<p>Use of:</p> <ul style="list-style-type: none"><li>● Class and Group Discussion</li><li>● Collaborative Work</li><li>● Lecture</li><li>● Videos</li><li>● Current health related news stories and articles</li><li>● Peer-to-peer teaching</li></ul>	<p>Use of:</p> <ul style="list-style-type: none"><li>● Projects and Presentations</li><li>● Class Discussion</li><li>● Writing assignments: essay questions, health plan scenarios</li></ul>

**Grades: 9-12**

**Subject: Fitness for Life**

**Department: Physical Education**

**Division: Upper School**

<b>LEARNING OBJECTIVES</b>	<b>SKILLS</b>	<b>INSTRUCTIONAL TECHNIQUES</b>	<b>EVALUATION</b>
<p>Students will:</p> <ul style="list-style-type: none"><li>• Learn the importance of life-long fitness for overall health and wellness</li><li>• Learn different types of exercises</li><li>• Develop foundation movements through given sports</li><li>• Gain an understanding of nutrition and what it means to eat healthy</li><li>• Learn rules of various sports and games</li><li>• Learn the benefits of fitness; cardiovascular, strength, stress and social</li></ul>	<p>Strategies for:</p> <ul style="list-style-type: none"><li>• Understanding different types of exercise and principles of training</li><li>• Develop cardiovascular endurance</li><li>• Develop strength</li><li>• During “game play,” adapt to different situations</li><li>• Creating a meal plan</li><li>• Developing a personalized workout</li><li>• Design an athletic facility</li><li>• Principles of coaching</li></ul>	<p>Use of:</p> <ul style="list-style-type: none"><li>• Teacher demonstration</li><li>• Handouts</li><li>• Videos</li><li>• Class discussions</li><li>• Teacher lecture</li></ul>	<p>Use of:</p> <ul style="list-style-type: none"><li>• Teacher generated assessments</li><li>• Demonstration</li><li>• Guided class discussion</li><li>• Participation and effort</li><li>• Quizzes</li></ul>