

The Wellness Program is based on the acquisition of knowledge and skills which are the foundation of engaging in physical activity. Wellness addresses the balance of its six dimensions – intellectual, physical, spiritual, emotional, social and occupational. Our mission is to empower all students to sustain regular, lifelong physical activity as a model for a healthy, productive and fulfilling life.

The curriculum is based on skill and character development utilizing an active, caring, supportive and non threatening atmosphere in which every student is challenged and provided opportunities for success in collaboration and competition through the development and maintenance of their physical, cognitive, and affective well being. Ultimately students will be provided with the foundation for making informed decisions that will empower them to achieve and maintain a healthy lifestyle.

Students are required to pass four years of physical education and health in order to graduate. Students in Grade 9 & 10, take Fitness Concepts and Health. They meet twice per week for a semester to earn 2 credits required for graduation. Students in grades 11 and 12 are required to take physical education twice per week for the year to earn 5 credits required for graduation.

PE Standards <http://www.shapeamerica.org/standards/>

Health Standards <http://www.shapeamerica.org/standards/health/index.cfm>

## Physical Education

Enduring Understandings In order to meet the standards, the students will need to understand that . .	Essential Questions In order to understand, students will need to consider questions such as ...	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>● the physically literate individual demonstrates competency in a variety of motor skills and movement patterns. <b>(SHAPE-1)</b></li> <li>● the physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. <b>(SHAPE-2)</b></li> <li>● The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <b>(SHAPE- 3)</b></li> <li>● the physically literate individual exhibits responsible personal and social behavior that respects self and others. <b>(SHAPE-4)</b></li> <li>● the physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. <b>(SHAPE-5)</b></li> </ul>	<ul style="list-style-type: none"> <li>● How will physical activity benefit us now and in the future?</li> <li>● What can we do, through physical activity, to improve overall health?</li> <li>● What is a healthy lifestyle?</li> </ul>	<ul style="list-style-type: none"> <li>● demonstrate proper technique when demonstrating game specific and fitness skills.</li> <li>● understand what is effective movement with and without the ball.</li> <li>● be able to cooperate effectively with teammates on game strategies.</li> <li>● demonstrate understanding of important rules.</li> <li>● demonstrate good sportsmanship.</li> <li>● explain the importance of lifelong physical activity and physical fitness in relation to overall health</li> <li>● explain the importance of lifelong physical activity in relation to overall health</li> <li>● Understand the principles and components of fitness (strength, agility, flexibility, cardiovascular).</li> <li>● Identify ways to reduce health risks</li> <li>● Identify and demonstrate how to make informed decisions</li> <li>● Demonstrate the skills necessary to set goals</li> <li>● Demonstrate and practice ways to effectively live a healthy lifestyle</li> <li>● Describe how decisions we make in the present can affect us in the future.</li> </ul>

## Health

<p style="text-align: center;"><b>Enduring Understandings</b></p> <p style="text-align: center;">In order to meet the standards, the students will...</p>	<p style="text-align: center;"><b>Essential Questions</b></p> <p style="text-align: center;">In order to understand, students will need to consider questions such as ...</p>	<p style="text-align: center;"><b>Knowledge and Skills</b></p> <p style="text-align: center;">Learning this material will require students to . . .</p>
<ul style="list-style-type: none"> <li>● Comprehend concepts related to health promotion and disease prevention to enhance health. (NHES - 1)</li> <li>● Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (NHES - 2)</li> <li>● Demonstrate the ability to access valid information and products and services to enhance health. (NHES - 3)</li> <li>● Demonstrate the ability to use interpersonal communication skills, decision-making skills and goal-setting skills (NHES- 4, 5, 6)</li> <li>● Demonstrate the ability to practice health enhancing and avoid or reduce health risks. (NHES - 7)</li> <li>● Demonstrate the ability to advocate for personal, family and community health. (NHES - 8)</li> </ul>	<ul style="list-style-type: none"> <li>● How do I know whether or not information is valid and reliable?</li> <li>● What is a healthy lifestyle?</li> <li>● What skills and qualities are essential for building healthy relationships?</li> <li>● How can personal responsibility influence a healthy lifestyle?</li> <li>● What is a role model?</li> <li>● How can modeling behavior influence decision making?</li> </ul>	<ul style="list-style-type: none"> <li>● Identify and demonstrate how to make informed decisions</li> <li>● Demonstrate the skills necessary to set goals</li> <li>● Demonstrate and practice ways to effectively communicate</li> <li>● Describe how decisions we make in the present can affect us in the future.</li> <li>● Identify ways to reduce health risks and prevent disease transmission.</li> <li>● Model communication techniques</li> <li>● Recognize dangerous situations and how to identify steps necessary to determine safe outcomes.</li> <li>● Demonstrate the ability to plan and execute school wide events</li> <li>● Demonstrate the skills necessary to organize and present material</li> </ul>