



Health 9/10 – Wellness (2 Days a Week)
Phys. Ed. 9/10 (3 Days a Week)
One Semester Freshman & Sophomore Year

Phys. Ed: 2021-22

Materials Needed:

Change into Phys. Ed. Clothes Daily

80 Minute Classes

- Cardio Component Daily
- Muscular Fitness
- Flexibility
- Skill Development
- Culminating Activity

Expectations:

- Engaged Participation
- Positive Attitude
- Prompt
- Prepared
- Attentive

2021 PE Instructional Units

- Physical Fitness: (Triathlon)
- Recreational Sport: (Pickleball)
- Team Sport: (Flag Football, Soccer & Ultimate Frisbee)
- Climbing Wall/Initiatives

Health: 2021-22

Materials Needed:

Three Ring Binder / Notebook

80 Minute Classes

Discovery Learning: Units

- Health & Wellness
- Physical Fitness
- Nutrition
- Non-Infectious Diseases
- Drugs & Alcohol
- Mental Health
- Infectious Diseases
- Family & Social Health
- Body Systems:
 - Cardiovascular
 - Respiratory
 - Digestive
 - Skeletal
 - Muscular
 - Reproductive
 - Immune
 - Nervous

Health, Safety and Physical Education

TITLE: DISCOVERY HEALTH A

Course Number: 8021

Periods Per Week: 2

Credit Value: .50

Offered: Semester Block

Open to Grades: 9, 10

Prerequisites: Must be taken in conjunction with Physical Education 9/10 A

Description: The goal of this course is to create an environment where students can apply wellness concepts to the study of the human body. Utilizing basic facts about the body systems, students will discover how daily decisions can impact the operation of the human body. The primary focus will be on the following body systems: skeletal, muscular, nervous, endocrine, and reproductive. This course meets both national and Pennsylvania state standards for health, safety, and physical education.

TITLE: PHYSICAL EDUCATION 9/10 A

Course Number: 8023

Periods Per Week: 3

Credit Value: .50

Offered: Semester Block

Open to Grades: 9, 10

Prerequisites: Must be taken in conjunction with Discovery Health A

Description: Students will be involved in physical education units with the following focus areas: initiatives, aquatic fundamentals, personal fitness (fitness center), team sports, and recreational sports. Students will also participate in fitness testing and dance for art and fitness units. This course meets both national and Pennsylvania state standards for health, safety, and physical education.

TITLE: DISCOVERY HEALTH B

Course Number: 8121

Periods Per Week: 2

Credit Value: .50

Offered: Semester Block

Open to Grades: 9, 10

Prerequisites: Must be taken in conjunction with Physical Education 9/10 B

Description: The goal of this course is to create an environment where students can apply wellness concepts to the study of the human body. Utilizing basic facts about the body systems, students will discover how daily decisions can impact the operation of the human body. The primary focus will be on the following body systems: cardiovascular, respiratory, urinary, lymphatic, integumentary, and digestive. This course meets both national and Pennsylvania state standards for health, safety, and physical education.

TITLE: PHYSICAL EDUCATION 9/10 B

Course Number: 8123

Periods Per Week: 3

Credit Value: .50

Offered: Semester Block

Open to Grades: 9, 10

Prerequisites: Must be taken in conjunction with Discovery Health B

Description: Students will be involved in physical education units with the following focus areas: initiatives, personal fitness (free weights), team sports, and recreational sports. Students will also participate in a triathlon unit. This course meets both national and Pennsylvania state standards for health, safety, and physical education.