

# PHYSICAL EDUCATION, HEALTH & SAFETY

COURSE	GRADES OFFERED	CREDITS
Driver's Education	10	
Health Education 9, 11, 12	9 11 12	1.25 each
Physical Education 9, 10, 11, 12	9 10 11 12	3.75 each

## HEALTH EDUCATION (PE011, 031, 041) & DRIVER'S EDUCATION (PE021)

### Grades 9-12; 1.25 credits each year; Required each year

A variety of units of instruction will provide students with knowledge and skills essential for healthful living in our society. This contemporary view of health focuses on taking personal responsibility through an active, healthy lifestyle that fosters a lifelong commitment to overall wellness. Grade nine students will study units with emphasis on human sexuality also including alcohol, tobacco, and drug education. Drivers Education theory is offered during grade ten and is a state certified course of instruction that emphasizes proper driving attitudes and skills, as well as knowledge of state laws. Donor Education is also mandated in the tenth grade curriculum. In grade eleven, focus of study include units in drugs, alcohol, tobacco, mental health, with emphasis on relationships, and first aid with an emphasis on highlighting CPR, /AED are the focus of study. Relationships with families and society, human sexuality, family planning, domestic violence and sexual assault are topics in the senior year health course. All health courses are one marking period in length.

## PHYSICAL EDUCATION (PE010, PE20, PE030 and 040)

### Grade 9-12; 3.75 credits; Required each year

Physical Education courses are comprehensive programs including activities that promote character education, personal wellness including physical fitness and nutrition along with skill development. A variety of activities are offered which provide students with opportunities to develop strong, healthy bodies and a foundation of knowledge to participate in individual and team sport activities. Grades nine, ten and eleven will participate in units of Character Education. Character Education in grades nine and ten emphasizes decision making, problem solving, bullying prevention, and cooperation. Grade ten also places emphasis on trust activities, including the indoor climbing instruction with infusion of proper belaying skills. Grade eleven and twelve Character Education curriculums continues to build on the foundation of grade ten and includes outdoor climbing instruction and activities on both the high and low element courses. All levels of Character Education are based on communication skills and the MHRD's core virtues. Participation will result in a daily grade worth 90% of the student's overall grade. A baseline fitness test will be administered at the beginning of each school year and progress will be measure with fitness assessments each quarter. Results of the three quarterly fitness assessments will be averaged as 10% of the student's final Physical Education grade for the year.