Year One P.E./Health

Grade Level (9) (10 Credits)

- Meets high school graduation requirement for (Subject)
- Meets the UC/CSU subject area "(A-G)" requirement

General Information

Description

Year 1 PE is an integrated course which allows students to fulfill both their PE and Health course requirements for graduation. This course incorporates the key California PE standards, which include competency in motor skills, demonstrating knowledge of all types of physical activity along with the psychological and sociological background of exercise. This standards based curriculum is appropriately challenging and vigorous, but has support for all students built in. This course also includes the required California Health standards. The majority of class time will be devoted to Physical Education (PE). Students will complete the majority of the "Health Education" portion of the class online. Students will take Health Education exams on campus with their PE teacher at designated times over the course of the term.

Expectations and Goals

It is expected for students to “dress out” and participate in the class on every occasion the class meets. The goal for the class is to improve our physical fitness, and to find an activity that we may wish to pursue on our own time.

Estimated Homework

The Health units are completed, for the most part, at home. It is an internet based curriculum. Students will be required to complete five units throughout the year. Three units will be completed during the first semester, and two will be completed during the second semester. Each unit consists of 10-15 lessons with quizzes. It should take approximately 8-12 hours per unit.