



# PHYSICAL EDUCATION

Throughout the school year, students will perform basic motor and manipulative skills and will attain competency in a variety of physical activities. Students will participate in activities related to a specific sport; learn about the skill related components of physical fitness and how they apply to the chosen sport; and will gain proficiency in the necessary skills of the sport. Students will also participate in activities to improve the health related components of physical fitness; learn about overall wellness; understand the benefits of being active; and are encouraged to participate in daily exercise whether in school, at home, or in their community.

## **STANDARD 1: PERSONAL HEALTH AND FITNESS**

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain health.

## **STANDARD 2: A SAFE AND HEALTHY ENVIRONMENT**

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

## **STANDARD 3: RESOURCE MANAGEMENT**

Students will understand and be able to manage their personal and community resources.



**2020/  
2021**

## Physical Education

**GRADES 9, 10, 11, 12 | FULL-YEAR COURSE**

All students are required by the State Department of Education to take four full years of physical education unless a written note from a medical doctor is presented to the school nurse. Work completed during this class satisfies the Department of Education requirements for hands only CPR/AED instruction and return demonstration.

