

## HEALTH & PHYSICAL EDUCATION

Comprehensive health education enables students to thrive, persevere, and maintain both positive attitudes and healthy bodies. The core concept is to build resiliency through fundamental health concepts, while promoting habits and behavior which enhance health and guide efforts to support families, schools, and the community. The health curriculum is targeted at priority areas appropriate for developmental stage and potential risk. Health instruction provides activities to enhance decision-making and problem-solving competencies related to health literacy, healthy self-management, promotion and advocacy.

### HEALTH

#### 25121 HEALTH ISSUES

College Prep

(.25 credit)

The health curriculum will provide students with information and resources needed to establish fundamental health values. This course will provide insight into many of the critical issues impacting on the social and emotional development of the young adolescent. Taking control of their lives and developing a sound physical, mental, social and emotional well-being is essential. Instruction will include classroom discussion, group projects, guest speakers and community health projects. The course provides an opportunity to link the three disciplines of health, family and consumer sciences and physical education. (Quarter Course, open to grades 9, 10, 11, 12)

#### 25131 NUTRITION & FITNESS

College Prep

(.25 credit)

This course is the study of the physical and chemical effects that food has on the body. Emphasis is on choosing foods wisely for optimum health and fitness. Some topics included are safety, sanitation, food selection, eating disorders, sports nutrition, meal planning, and consumerism. Class time consists of varied learning activities and practical laboratory experiences. (Quarter course, open to grades 10, 11, 12)

#### 25151 PARTNER PHYSICAL EDUCATION

College Prep

(.25 Credit)

This course is to provide training activities and appropriate small group experiences for students in general education with students with intellectual and developmental disabilities. The entire focus of the program is to meet the physical education needs of the students with disabilities and in the process:

Increase social skills and build positive self-esteem. Peer teaching/Individualized Instruction through the verbal and physical prompting of their peer tutor. Immediate feedback and positive encouragement also help the instruction process. Improve physical and motor development and enhance the acquisition of individual recreational activities and skills in team sports. Interact with non-disabled peers, increase the circle of friends, and become more a part of the total school environment. Increase self-confidence and develop positive attitudes toward PE and recreation For Student Aides/Peers. Interact with students with disabilities and develop empathy and respect for these students. Develop effective leadership skills. This can be used for PE credit

(Open to grades 10, 11, 12)

### PHYSICAL EDUCATION

Physical Education is an integral part of the process of education and contributes to the complete development of the individual. Our program is one of directed, purposeful activity, centered on the total person. It provides opportunities that are invigorating, developmental, educational and lead to positive physical, mental, social and emotional growth, helping each student to develop his/her highest potential. It is the goal of the program to stimulate student interest and understanding in acquiring a sound body and mind, good health habits, and an appreciation of the benefits of physical activity throughout his/her lifetime and to acquire the skills necessary to achieve total fitness. State law requires that all students must participate in physical education during the school year. Participation in interscholastic sports or another approved after school activity may be an option of fulfilling this requirement if approved by the principal.

Classes are coeducational. It is recommended that students make up any failures in the semester immediately following. A doctor's certificate is the only acceptable reason for a student not meeting the physical education requirements.

### PHYSICAL EDUCATION

#### 25112 PHYSICAL EDUCATION 9/10

Un-leveled

(.25 credit)

#### 25212 PHYSICAL EDUCATION 11/12

Un-leveled

(.25 credit)

#### 25312 PHYSICAL EDUCATION CTE (Career & Tech Only)

Un-leveled

(.1 credit)

The goal of the grade 9-12 physical education program is to introduce the importance of personal health and fitness. Exposing students to the components of fitness and their relation to lifetime activities serves as the focus of the curriculum. Students must enroll in at least one quarter of physical education every year. Students enrolled in CTE will take Course#25310. Students may enroll in additional sections of physical education beyond the graduation requirement,

space permitting, and only if they have received a 75% or better in their required physical education classes. (Quarter Course)

**20861 FOUNDATION ACADEMY WELLNESS**

Un-leveled

1.0 Credits (.25 per term)

To meet the expectations of the Weymouth High School Health and Physical Education Department, Foundation Academy offers an alternative course called Foundation Academy Wellness. This course provides each student with a comprehensive learning experience designed to encourage students to apply learned knowledge and skills towards their own lives. The health component will provide students with information and resources needed to establish fundamental health values while providing insight into many of the critical issues impacting the social and emotional development of the young adolescent. The nutrition and fitness lessons will allow students to study the physical and chemical effects that their food has on their body. Emphasis is on choosing food wisely for optimum health and fitness. The physical education lessons will provide students opportunities that are invigorating, developmental, educational and lead to positive physical, mental, and social emotional growth. The goal of the Foundation Academy Wellness program is to provide a thorough basis of knowledge, skills, and personal confidence which would empower each student to prioritize their personal health as it applies to their own lives.(This course is only available to students who are enrolled in Foundation Academy)