

PHYSICAL EDUCATION & HEALTH DEPARTMENT –

COURSE DESCRIPTIONS

The Health and Physical Education Program involves two separate curricula. The objective of the Physical Education curriculum is to establish and reinforce a healthy lifestyle that includes regular physical activity.

Students will be assigned three (3) quarters of Physical Education during the academic year. Students' grades are determined by their active participation in activities, preparation for class, as well as performance on skill tests, and/or written quizzes. Students are required to change into appropriate active wear and have sneakers in order to receive credit. **Students are reminded to secure their personal belongings in the locker room during physical education class. The School is not responsible for lost or stolen items.**

Physical Education has two major components: physical and cognitive. Through participation in physical fitness tests, students will be able to determine their present level of fitness. Skill testing and written tests on certain class offerings will ascertain student knowledge of rules, scoring, and strategies. Student effort and cooperation during the instructional phases of Physical Education is essential for a successful and productive learning experience.

Physical Education activities include, but are not limited to:

Badminton
Basketball
Fitness Testing
Floor Hockey
Lacrosse
Lifetime Sports
Soccer
Softball
Volleyball

Students will be assigned a Health course for one quarter of the academic year. The following is an outline of the Health course assignments.

Freshman..... Health/Wellness
Nutrition
Healthy/Unhealthy Relationships
Sexual Assault
Bullying/Harassment
STD's
Alcohol/Smoking
Sophomore..... Driver Education (Students
will culminate the course by taking the
New Jersey State Written Exam)
Junior..... Theories of Personality
Responsibilities of Marriage and Family
Abstinence, Reproduction and Sexuality
Communicating Effectively
Senior..... Safety & First Aid

Each Health course will incorporate the state requirements for drug/alcohol education.