

HEALTH AND PE, DANCE

HEALTH TOPICS/PE (2ND YEAR):

This course will deal with nutrition, food pyramid, analyze certain health habits, and behaviors and how they affect the physical and emotional wellness of teenagers. Also, the curriculum will deal with adolescence and the human body systems. The physical, emotional, and social changes that occur during puberty, as well as issues of peer pressure, will be addressed. This course will also address individual and team sports. A review will be made of some sports with an emphasis on maintaining a high level of physical activity in and out of the classroom in addition students will address the physical fitness standards. CPR training will be offered.

HEALTH TOPICS/PE (3RD YEAR):

This course will review various individual and team sports such as tennis, bowling, softball, flag football, basketball, floor hockey, battle-ball, team handball, and soccer. Cardiovascular conditioning will be required with each student completing a mile fitness run (under 10 mins.) once a month. First Aid and CPR training will also be offered.

DANCE/FITNESS/HEALTH TOPICS:

Students will be exposed to a series of dances that may utilize the Wii, like Just Dance, to a variety of other style dances utilizing tapes and Internet media. Dance may include but are not limited to those listed: square dancing, partner dancing, Zumba, and etc. This course will also deal with nutrition, food pyramid, analyze certain health habits and issues, and other fitness characteristics.