

COURSE DESCRIPTIONS - HEALTH/PHYSICAL EDUCATION

PHYSICAL EDUCATION (REQUIRED)- Boys' Grade 9, 10 – 0600
Girls' Grade 9, 10 – 0601

Grades 9, 10
(1 credit)

Purpose: This course is designed to introduce a variety of team, individual and lifetime sports to students so that they are exposed to a wide variety of physical activity. The course also provides daily structured physical activity that will enhance the students' physical health and well-being. More advanced skills in team, individual and lifetime sports will develop as students progress in the program.

Course Description: Physical education for the 9th and 10th grade stresses the introduction of basic skills and rules for both individual and team sports. Coeducational instruction in non-contact sports is included in the curriculum. Game play is also included once students acquire necessary basic skills. Social interaction with peers is accomplished through a variety of activities.

Requirements: Individuals are to actively participate in class activities and be properly prepared for class on a daily basis.

Prerequisites: None

ADAPTIVE PHYSICAL EDUCATION - 0608

Grades 9, 10
(1 credit)

Purpose: The purpose of this course is to provide a physical education program for those students who have a physical injury, prolonged illness, or limited physical ability.

Course Description: Students will be involved in a variety of team and individual sports, including pool activity and strokes. The sports are modified using equipment appropriate with the skill level and ability of the individual. Rules and game play situations are also modified.

Requirements: Students will actively participate in class activities and be properly prepared for class on a daily basis.

Prerequisites: Students need a doctor's prescribed course of study.

NOTE: Students are required by law to take a physical education course each year. Students will be expected to dress appropriately for physical education classes. Classes are graded on the same percentage scale as all other courses.

Purpose: This course is designed to give students an understanding of the relationship between wellness and dealing positively with one's sexuality. The Driver's Ed class provides students with a background on the proper techniques of safe driving and the laws governing motor vehicles in Pennsylvania.

Driver's Ed Course Description: This course provides the background knowledge of safe driving skills along with the rules and regulations of the Pennsylvania Motor Vehicle Codes. This course will instruct the student in the skills of driving in preparation for their state test or /as an experienced driver. Driver's Ed requires regular classroom activities with homework and laboratory activities that will be an integral part of the course. Additional projects and reports may be assigned. There will be chapter tests, unit tests, and a final test.

Health Course Description: Tenth grade health is designed to provide our students with an understanding of wellness, an interrelationship of one's mental, physical, and social health, and how its development relates to a positive approach in handling one's sexuality. The course will demonstrate how developing a positive approach in dealing with one's sexuality is related to a mature development of mental, physical and social health.

Examples of topics that will be explored will include abstinence, sexual reproduction, sexually transmitted diseases, contraception, abusive relationships, sexual violence, teen pregnancies and their impact on the pregnant teen, family, and society. Additionally, information dealing with self worth, effective communication, use of alcohol and other illicit drugs, and suicide will be integrated into the course to demonstrate how all the aforementioned topics impact with each other.

Ultimately the course attempts to provide the student with the concept that life-altering decisions are influenced by different factors. Understanding of these factors allows a person a better chance of choosing a positive direction in their life.

Requirements: Students are required to complete a number of homework assignments, objective and essay exams, and quizzes. Students will be assigned outside reading and library/internet research, group and individual presentations, class projects, and oral and written reports. Students will be required to complete a parenting simulation with Baby Think It Over.