

## **Health and Physical Education Department**

<b>Course Title</b>	<b>Grade Level</b>	<b>Length</b>	<b>Credits</b>	<b>Total Credits</b>
Physical Education	9	Semester	2.5	2.5
Health and Physical Education	9	Semester	2.5	2.5
Physical Education	10, 11,12	Quarter	1.5	3.75
Driver Education	10	Quarter	1.5	1.5
Health Education	11	Quarter	1.5	1.5
Health Education	12	Quarter	1.5	1.5

\* If a student is medically excused from Physical Education for the full year, that student is still required to take the appropriate grade level Health offering for one marking period and cannot participate in school sponsored athletics for the duration of the medial exemption.

### **INTRODUCTION**

The Randolph High School Health and Physical Education program is designed as a comprehensive approach to student development. The concept of sound mind-sound body is enhanced with the direction and framework for making responsible decisions in all phases of student and adult life:

The curriculum is formatted to promote:

- ◆ wellness in health and fitness
- ◆ responsible behavioral standards and social attitudes
- ◆ safety awareness and practices
- ◆ physical skill development through participation in - target and invasion activities - net games- striking, and fielding activities- fitness, lifetime, and rhythmic activities - cooperative activities

All Health and Physical Education offerings are co-educational.

Grade 9 Health and Physical Education students participate in a structured, semester curriculum worth 2.5 credits per semester for a total of 5 credits.

Grade 10- Driver Education and Physical Education students participate in a quarter curriculum worth 1.25 credits per quarter for a total of 5 credits.

Grade 11-12 Health and Physical Education students participate in a quarter curriculum worth 1.25 credits per quarter for a total of 5 credits.

If a student is medically excused from Physical Education for the full year, that student is still required to take the appropriate grade level Health offering for one marking period and cannot participate in school sponsored athletics for the duration of the medial exemption.



## **Physical Education Grade 9-12**

### **Physical Education 9-12**

3.75 Credits, 3 Quarters, grades 10-12

2.75 Credits 2 Semesters grade 9

The grades 9-12 Physical Education Units are a cohesive set of five units that will scaffold instruction from one grade level to the next. The units have been developed as building blocks of skills and concepts that will move instruction from one unit to the next. All units are made up of a blended set of standards and cumulative progress indicators that fully encapsulate the major ideas and themes of the unit. The incorporation of different standards through major, supporting and additional concepts provide a greater opportunity for comprehensive Physical Education instruction in each unit. The units progress from wellness education for life (fitness concepts and activities) to developing and applying movement education skills in isolated and applied situations in various activities such as individual skill development, team activities and strategies and cooperative activities which may lead to lifelong fitness and wellness.

In order to achieve these goals, this curriculum was developed with both the New Jersey Student Learning Standards and the National Standards for Physical Education embedded throughout each unit. These goals will also be achieved by ensuring students are scheduled to meet or exceed New Jersey's mandate of at least 150 minutes of health, safety and physical education per week in grades 9-12.

## **Health Education Program**

### **Health 9**

*1.25 Credits, 1 Quarter*

The ninth-grade health education program is designed to develop the skills necessary to evaluate and improve a student's personal wellness. Throughout the course of study, students will gain an understanding for the impact that personal responsibility has on wellness. The students will explore how technological advances impact both personal and community health. Through skills-based activities, students will expand their understanding of nutrition and fitness concepts and how they can affect a person's health. Students will analyze the impact that behaviors can have on someone's overall wellness and will seek ways to improve their health by eliminating unhealthy behaviors from their lives. In ninth grade, students will work on their communication in order to enhance the interpersonal relationships that they will develop. Students will learn how to deal with conflict and crisis and will further their understanding of the importance of acceptance and respect. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and the National Standards for Health Education

### **Driver Education**

*1.25 Credits 1 Quarter*

The tenth-grade driver education program is designed to develop the skills necessary to obtain a New Jersey driver's license and to give students an

appreciation for the rights and responsibilities of being a licensed driver. Throughout the course of study, students will gain an understanding for the importance of safe driving practices as well as the rules and regulations for driving on the road. The students will explore the importance of vehicle maintenance as well as how to navigate vehicle problems that may occur while driving. Students will analyze the impact that their driving behaviors can have on those around them on the roadway. In tenth grade, students will learn how to prevent driving related injuries and will follow the laws and regulations to keep themselves and others safe. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and New Jersey Motor Vehicle Commission. The course ends with the State of New Jersey Motor Vehicle Commission Basic Driver Examination.

### **Health 11**

*1.25 Credits 1 Quarter*

The eleventh-grade health education program is designed to give students the opportunity to advocate for health and social issues. Students will be able to stimulate health action and change at both local and national levels. The students will analyze health products and services to gain a better understanding of their influence on wellness. The students will gain an understanding for the affordability and accessibility of healthcare. The curriculum is designed to help guide students to understand that taking part in certain behaviors, such as using and abusing drugs, can have consequences that could affect long-term goals. Through skills-based activities, students will learn how to develop healthy relationships and will understand that there are prevention and intervention strategies for abusive and violent relationships. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and the National Standards for Health Education.

### **Health 12**

*1.25 Credits 1 Quarter*

The twelfth-grade health education program is designed to give students the opportunity to examine the impact that decisions and behaviors can have on lifetime wellness. Students will analyze factors that both support and hinder the achievement of personal health goals throughout the stages of life. Students will examine their personal efforts on preventing and controlling disease and health conditions and will examine the available prevention and treatment options for disease control. The curriculum is also designed to give students the ability to analyze the consequences of commonly abused drugs and the effect that drug abuse has on both the individual and community. Through skills-based activities, students will not only understand the short-term and long-term effects of various drugs, but they will also gain an understanding of dependency, addiction, and the treatment process. Students will be able to discuss the consequences of sexual activity as well as the responsibility of being sexually active. Twelfth graders will examine the importance of early detection, in regards to, diseases relating to the reproductive systems. In this course, students will also explain the impacts that

decisions and lifestyle choices can have on both the individual and others. Students will gain an understanding of their rights and responsibilities relating to health. In order to achieve these goals, the course will be guided by both the New Jersey Student Learning Standards and the National Standards for Health Education.