

# **Physical Education**

## **Physical Education**

Physical Education is primarily devoted to team sports and skill development with an emphasis placed on fitness and personal wellness. Game/activity participation, advanced strategies and rules are focused on and are major parts of the curriculum. There is also time spent on some individual/lifetime activities and sports that will contribute to the cadets' lifelong fitness and overall wellness. Classes are co-ed. A change of clothes is required in order to participate. Four years of PE is required and a minimum of 2 credits earned is needed for graduation.

## **Personal Fitness**

The personal fitness class is designed with the intent of improving the many aspects of wellness including, cardiovascular fitness, muscular strength and endurance, flexibility, mental health, and nutrition. This class incorporates a wide variety of activities in order to target every one of these aspects.

## **Health**

Health education is vital for preparing students for their future roles as responsible and productive citizens. It is the mission of health education to provide students with quality learning experiences that will enable them to recognize, develop, and utilize the skills needed for physical, mental, and social well-being.

The curriculum encompasses seven developmental personal and social skills which when mastered, enable students to enhance personal, family and community health and safety. These health education skills include:

1. Self management
2. Relationship management
3. Stress Management
4. Communication
5. Decision making
6. Planning and goal setting
7. Advocacy

The curriculum focuses on nine content areas that convey essential information for students to know and be able to use in order to be safe, healthy and achieve academically. These knowledge areas were determined by the Centers for Disease Control, National and State Health Education. They are:

1. Physical Activity and Nutrition
2. Abstinence, Personal and Sexual Health
3. Alcohol, Tobacco and Other Drugs

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4. HIV, STD and Pregnancy Prevention
5. Violence and Injury Prevention
6. Emotional and Mental Health