

GRADE LEVEL 9 – 12**SUBJECT: ADAPTIVE PHYSICAL EDUCATION**

Prerequisite: Medical referral and/or fitness and motor ability screening and instructor recommendation.

COURSE DESCRIPTION: An individualized curriculum based on the capacities of the students who do not benefit from general physical education activities. Exercises will be individually prescribed. The course includes a diversified program of developmental activities tailored to the individual needs of the students.

Course Activities:

The adaptive physical education curriculum follows the Special Olympics activities throughout the year. These activities include basketball, biking, bowling, bocci ball, cooperative games, cup stacking, floor hockey, dance, roller skating, scooters, soccer, track, volleyball, wellness center, etc.

GRADE LEVEL 9 – 12**SUBJECT: ADAPTIVE HEALTH EDUCATION**

COURSE DESCRIPTION: An individualized curriculum based on the capacities of the students who do not benefit from general health education activities. This course follows the Comprehensive Health curriculum designed to protect and promote the health and well being of the students within. Students will learn to evaluate their own health knowledge and behavior and should be better equipped to face the critical health issues of the future.

GRADE LEVEL 9 SUBJECT: COMPREHENSIVE PHYSICAL EDUCATION 1 & 2

COURSE DESCRIPTION: Where facilities permit, beginning and/or intermediate swim must be taught, with a minimum goal of survival swim techniques being accomplished by all students. Basic swimming strokes, community water safety, and an understanding of self-fitness will be incorporated. The physical education laboratory will be the culmination of individual and team sports and reinforce wellness, related health experiences. This would include self-testing in strength, flexibility, muscular endurance, cardiovascular and cardiorespiratory endurance.

NOTE: This required course must include swimming.

Course Activities:

Basketball	Dance	Softball	Volleyball
Cricket	Football	Snow tubing	Wellness
Cooperative game	Soccer	Team handball	

Swim

Basic water safety	Small craft – canoe, kyaking, rowing, sailing
Cooperative game	Snorkeling
CPR & first aid	Water exercise
Guard start	Water polo
Sexual violence	

GRADE LEVEL 10**SUBJECT: HEALTH**

Meets everyday for 1 semester.

COURSE DESCRIPTION: Comprehensive health is designed to protect and promote the health and well being of all students. Students will learn to evaluate their own health knowledge and behavior and should be better equipped to face the critical health issues of the future. Topic areas include: personal health and fitness, mental and emotional health, family life, nutrition, disease prevention and control, injury prevention and safety, consumer health, use and abuse of drugs, environmental health, and community health.

GRADE LEVEL 10**SUBJECT: FIT FOR LIFE 1**

Meets everyday for 1 semester.

COURSE DESCRIPTION: This is the second of the core PE courses in MPS. Depending on individual school facilities / staffing, these coeducational courses emphasize health related fitness. At the conclusion of the subject offerings, students will have experienced a wide variety of fitness activities that they will be able to replicate on their own. Emphasis is on activities that has students who are moderately to vigorously active for 60% of the class time. Students will have an understanding of their own fitness level, how to assess their fitness, and how to improve their health related fitness.

Course Activities:

Badminton	Dance	Snow shoeing	Ultimate Frisbee
Bowling	Floor hockey	Table tennis	Wellness
Cooperative game	Golf	Tennis	MIndfulness

GRADE LEVEL 11**SUBJECT: LIFETIME SPORTS 3**

Meets everyday for 1 semester.

COURSE DESCRIPTION: This course offering, on a selective basis will be an extension of Lifetime Sports 1. It is co-educational with emphasis placed on students improving the basic skills learned in the previous lifetime course. Individual help will be stressed to aid in the correct development of specific skills.

Course Activities:

Archery	Dance	Rope & challenge
Cooperative game	Orienteering	Self defense
Cross country ski	Pickle ball	Tents & camping
		Wellness

GRADE LEVEL 12

SUBJECT: LIFETIME SPORTS 5

Meets everyday for 1 semester.

COURSE DESCRIPTION: This elective course offering will enable students and instructors to concentrate on specific Lifetime Sports based on individual interest, expertise, and abilities. This offering will allow the opportunity to develop a higher level of skill in selected lifetime sports activities.

Course Activities:

Archery	Dance	Rope & challenge
Cooperative game	Orienteering	Self defense
Cross country ski	Pickle ball	Team handball
		Wellness

GRADE LEVEL 11 & 12

SUBJECT: JUNIOR EDUCATOR

Meets everyday for 1 semester.

Prerequisite: Must have passed all previous PE courses with a B or better
Teacher recommendation

COURSE DESCRIPTION: The student will be provided with opportunities for observation and participation in the teaching process. Students will assume leadership roles in implementing plans for learning activities, observe and learn teaching methods and utilize this knowledge in developing learning experiences for small groups, and encourage critical thinking among peers.

GRADE LEVEL 11 & 12

SUBJECT: LIFEGUARDING FOR PE

Meets everyday for 1 semester.

Prerequisite: Lifeguard and CPR certified by Red Cross / County
Knowledge of the RUHS emergency action plan
Written approval by the swim instructor

COURSE DESCRIPTION: The student lifeguard's primary responsibility will be to lifeguard while patrons are in the pool. In addition, they will assist the instructor in all emergency situations in the water, on the deck, and in the locker room. They will follow the RUHS emergency action plan and will check and record daily in the pool log book general maintenance of pool, equipment, deck, water, and safety.