

## HEALTH PHILOSOPHY

**Health Mission:** To prepare each child to be able to understand, apply, access, and advocate for health information and services in order to enhance one's own health and the health of others around them.

**Health Vision:** Our graduates will be confident in their ability to identify choices and practices that benefit their overall health and wellness.



## HEALTH 1 DECISIONS IN HEALTH

- Classes meet everyday for 1 semester (90 classes)
- .5 Health credit per semester

Students will acquire knowledge of self and interpersonal relationships, and human maturation. The understanding of individual and social factors provides the skills necessary to make informed decisions about life issues, as such sexuality and substance abuse.

## HEALTH 2 DECISIONS IN HEALTH

- Classes meet everyday for 1 semester (90 classes)
- .5 Health credit per semester

Health 2 will expand on the key concepts covered in Health 1. Health 2 will additionally discuss the topics of financial wellness, nutrition, exercise, college/career planning, and American Red Cross training. Provide students with a global perspective on societal and personal issues. This understanding of current issues provides the skills necessary to make informed decisions in life.

ROCKY HILL HIGH SCHOOL

PHYSICAL  
EDUCATION  
DEPARTMENT



TEACHERS:

CAT MADER  
DAVE DUBOS  
PAUL MEYERS  
JOHN REISER

# PHYSICAL EDUCATION / HEALTH

Physical Education is required for 1 credit to graduate

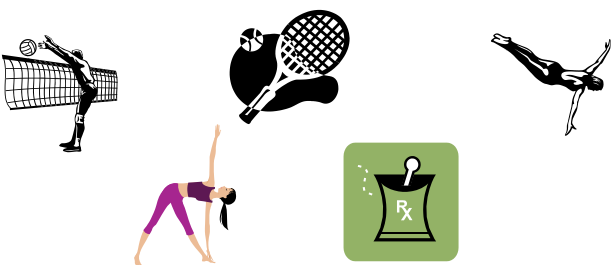
## Sophomore, Junior, Senior Physical Education

**PE MISSION STATEMENT:** To develop physically literate individuals who experience lifelong fitness and wellness in order to engage and maintain an active healthy lifestyle.

**PE VISION STATEMENT:** Our graduates will have the skills and knowledge necessary to participate in activities that will support lifelong fitness, wellness, and an active lifestyle. an active healthy lifestyle.

### Freshman Physical Education . 5 Credits

Students will explore a variety of activities which will include challenging adventure and cooperative tasks, group games, weight training, badminton, tennis, volleyball, ultimate Frisbee, flag football, lacrosse, and floor hockey. Students will also learn water safety, basic stroke development, and participate in aquatic games and fitness activities. The CT Physical Fitness Assessment will be implemented.



**Adventure PE**— An alternative physical education course that will begin with an in depth team building unit that will lead to activities such as orienteering, kayaking, water survival, fly fishing and inline skating.

**PE Fit**—Experience what a fitness club has to offer. Activities will include group fitness, such as fitness and yoga, training classes such as boxing and medicine ball plyometrics, utilizing the RHHS weight room. Students will create realistic goals through an individualized fitness program.

**PE Group Games**—Activities include but are not limited to basketball, lacrosse, ultimate frisbee, floor hockey, speedball, flag football, net games, aquatic games, and base running games.

**Unified Physical Education**— This is an elective physical education course for the student interested in working with students of special needs in a physical education setting. Students will have the opportunity to work one on one with a student in a group environment.

## P.E. Elective Course Offerings

### “Athletic Leadership I” - .5 credits

This course is designed for students who are interested in sports and athletics. Students investigate, discuss and debate the current issues in sports and historical events in sport and how they impact our society. Students will also be exposed to the sport and athletic related careers of Sports Marketing, Sports Management, Fitness Training, Coaching and Teaching through discussions.

### “Athletic Leadership II” - .5 credits

Athletic Leadership II will provide a more in depth experience for students in the interest of sports related careers such as Athletic Training, Sports Marketing and Promotions, Coach / Teaching / Refereeing, Strength and Conditioning Coach. Students will be responsible for planning and implementing outside of the classroom events, lessons, observations that will be done in real life settings.

### “Lifeguarding” - .5 credits

A full semester course that entails training in all American Red Cross Lifeguarding rescues and techniques, which can result in a 3 year Lifeguarding Certification. The course will also include certifications in 2 Person Professional CPR/AED and First Aid. The course will take place in the classroom and the pool.

