

## **HEALTH 1**

### **“DECISIONS IN HEALTH”**

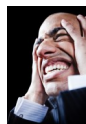
- Classes meet everyday for 1 semester (90 classes)
- .5 Health credit per semester

The student is expected to acquire knowledge of self, interpersonal relationships, and human maturation. This understanding of individual and social life provides the skills necessary to make informed decisions about life issues, including sexuality and substance abuse.

#### **Physical Health**



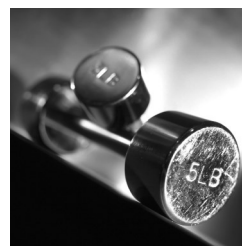
#### **Mental Health**



#### **Emotional Health**



#### **Promoting a Healthy Lifestyle**



## **HEALTH 2**

### **“DECISIONS IN HEALTH”**

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

Health II will expand on the key concepts covered in Health I. Health II 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.

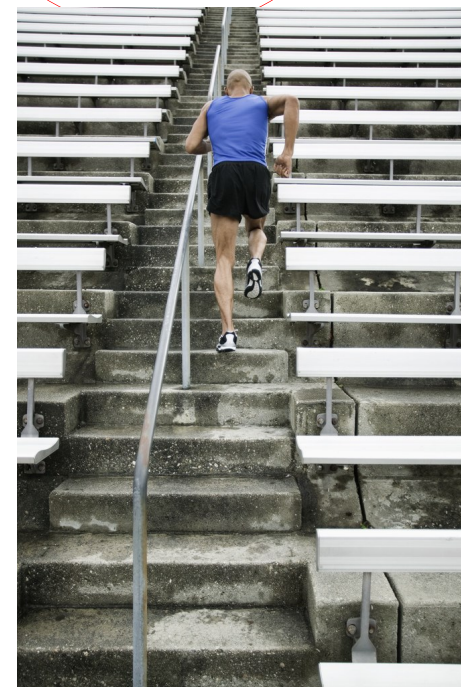
Prerequisite: Successful completion of Health I .



ROCKY HILL HIGH SCHOOL

2023 - 2024

## **PHYSICAL EDUCATION DEPARTMENT**



### **TEACHERS:**

CAT MADER  
DAVE DUBOS  
PAUL MEYERS  
JOHN REISER

## PHYSICAL EDUCATION / HEALTH

### PHYSICAL EDUCATION PHILOSOPHY

Physical Education should be a daily integral part of a student's educational experience. PE offers the unique opportunity to educate the total student by addressing and enhancing students' abilities in the psychomotor, cognitive and affective domains. We provide a diverse and developmentally appropriate activities within a safe and supportive environment. Through active participation, students will acquire the skills necessary to make healthy choices promoting lifelong wellness.



### RHHS PHYSICAL EDUCATION

- Students may choose one of the following courses listed below.
- Students will earn .5 credits
- Physical Education is required for 1 credit to graduate

**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 using medicine balls utilizing the RHHS fitness facility. The pool may also be used. 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 Management, Fitness Training, Coaching and Teaching.

#### "Athletic Leadership II" - .5 credits

Athletic Leadership II will provide a more in depth experience for students in the interested in coaching and teaching. Students will be creating a coaching portfolio as well as developing and teaching lessons inside and out of the classroom.

#### "Lifeguarding" - .5 credits

A full semester course that entails training in all American Red Cross Lifeguarding rescues and techniques, which can result in a 2 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.

#### Unified Physical Education - .5 credits

An elective PE class for a student interested in working with the Adaptive PE class. Students will work as a peer working one on one with students. Students will research various disabilities in order to discover ways to modify and adjust activities to increase individuals success. A valued experience for students interested in special education, physical therapy & occupational therapy.