

## HEALTH AND PHYSICAL EDUCATION

Health	One semester course required for all students, usually taken in 9th grade
Physical Education	Physical Education (semester): can be taken four times for credit Advanced Fitness, Dance I, and EEOL can all be taken for PE credit (prerequisite: one PE course)

Course #	Course Title	Grade Level	Credits	Prerequisites
980	Dance I	9-12	½	Physical Education
995	Advanced Fitness Training	11-12	½	Physical Education
997	Experiential Ed. and Outdoor Leadership	11-12	½	Physical Education
998	Health	9-12	½	
999	Physical Education	9-12	½	

### **980 DANCE I, 9-12 (½ credit)**

*Prerequisite: one semester of Physical Education*

Dance courses are open to all students regardless of prior experience. Athletic students with little artistic inclination, artistic students with little athletic inclination, and everyone in between are encouraged to enroll. In a safe, supportive community, we will learn the key elements of dance, with an emphasis on building strength, flexibility, coordination, and creative expression. We will also explore the history, vocabulary, body politics, and gender roles of dance. Using Laban Movement Analysis, which provides a framework for identifying and analyzing body, dynamics, space, and relationship, we will learn how to move our bodies in space and time alone and in relationship with others, and how to accurately describe that movement. We will use New York State Anchor Standards for the Arts in Dance, which include creating, performing, responding, and connecting. These standards apply to other artistic disciplines and encourage connections to different subject areas, including music, history, literature, mathematics, and architecture. Guest dancers will be invited whenever appropriate to share about their careers.

### **995 ADVANCED FITNESS TRAINING, 11-12 (½ credit)**

*Prerequisite: two semesters of Physical Education*

This course is designed for students to explore different methods of fitness training for athletics. The class stresses the importance of a year-round fitness program to enhance performance and reduce chance of athletic injury. The course covers flexibility, speed, aerobic, anaerobic, core body, and strength training. In consultation with the instructor, students design a program with short- and long-term fitness goals. Students are graded on participation, a daily journal to keep record of short- and long-term goals, body composition, height, weight, and daily workouts.

### **997 EXPERIENTIAL EDUCATION & OUTDOOR LEADERSHIP, 11-12 (½ credit)**

*Prerequisite: one semester of Physical Education*

This course is designed to enrich the intellectual, social, emotional, and physical growth of students by experiencing a wide range of content areas and opportunities within the Blue Hill Peninsula, Acadia National Park, and the state of Maine. Through class instruction, student journals, guest speakers, group projects, and field trips, students will develop skills in leadership, communication, trust-building, group problem-solving, and decision-making.

### **998 HEALTH, 9-12 (½ credit)**

This course is designed to help students achieve overall physical, mental, and social well-being. Classes offer up-to-date information in six interrelated content areas: health and the mind; personal health care; the life cycle; the role of drugs; disease; and health and society. In each area, the class stresses the active role of the individual and provides, whenever possible, practical techniques that students can use to achieve positive changes.

**999 PHYSICAL EDUCATION, 9-12, (½ credit)**

In the fall semester of PE, students are introduced to activities such as: archery, pickleball, volleyball, aerobics, and weightlifting. The spring semester introduces indoor soccer and floor hockey for team sports, as well as tennis, aerobics, and weightlifting for lifetime activities. The primary goal of this course is to introduce students to a wide variety of activities in an enjoyable atmosphere to benefit them beyond high school. Students are required to enroll in and receive a passing grade in Physical Education for at least two semesters for one credit. Students may take PE up to four semesters for a maximum of two credits.