

Junior High & High School Physical Education – Curriculum Overview

HS Physical Education (42 minutes 3 times per 6 day cycle)	JH Physical Education (42 minutes 2 times per 6 day cycle)	HS Health (9th-10th) (42 minutes 3 times per 6 day cycle, 2 quarters)	JH Health (6th and 8th) (42 minutes 2 times per 6 day cycle, 1 quarter)
<p>Fitness Training</p> <ul style="list-style-type: none"> ▪ Improving flexibility, strength and cardiovascular fitness. ▪ Presidential Fitness Test ▪ Acknowledging the importance of taking care of our body to glorify God. <p>Flag Football</p> <ul style="list-style-type: none"> ▪ Understanding of concepts, rules and strategy ▪ Correct throwing of a football ▪ Demonstrating Receiving, running routes ▪ Practice teamwork <p>Soccer</p> <ul style="list-style-type: none"> ▪ Understanding of concepts, rules and strategy ▪ Correct soccer techniques: dribbling, passing, shooting, trapping <p>Badminton</p> <ul style="list-style-type: none"> ▪ Improve hand-eye coordination ▪ Correct techniques ▪ Understand rules <p>Creative Movement</p> <ul style="list-style-type: none"> ▪ Developing locomotor and nonlocomotor movements ▪ Understanding rhythm and beat <p>Team Handball</p> <ul style="list-style-type: none"> ▪ Demonstrating teamwork ▪ Enhancing coordination, speed and agility. <p>Volleyball</p> <ul style="list-style-type: none"> ▪ Demonstrating proper technique for pass, set, spike and serve. ▪ Improve communication ▪ Understanding basic concepts <p>Floor Hockey</p> <ul style="list-style-type: none"> ▪ Understanding rules, techniques, concepts and history of the sport. ▪ Practicing good sportsmanship <p>Softball</p> <ul style="list-style-type: none"> ▪ Improving hand eye coordination ▪ Field awareness <p>Track and Field</p> <ul style="list-style-type: none"> ▪ Correct form and procedures for track events ▪ Demonstrate God given talent 	<p>Fitness Training</p> <ul style="list-style-type: none"> ▪ Improving flexibility, strength and cardiovascular fitness. ▪ Presidential Fitness Test ▪ Acknowledging the importance of taking care of our body to glorify God. <p>Flag Football</p> <ul style="list-style-type: none"> ▪ Understanding of concepts, rules and strategy ▪ Correct throwing of a football ▪ Demonstrating Receiving, running routes ▪ Practice teamwork <p>Soccer</p> <ul style="list-style-type: none"> ▪ Understanding of concepts, rules and strategy ▪ Correct soccer techniques: dribbling, passing, shooting, trapping <p>Badminton</p> <ul style="list-style-type: none"> ▪ Improve hand-eye coordination ▪ Correct techniques ▪ Understand rules <p>Creative Movement</p> <ul style="list-style-type: none"> ▪ Developing locomotor and nonlocomotor movements ▪ Understanding rhythm and beat <p>Team Handball</p> <ul style="list-style-type: none"> ▪ Demonstrating teamwork ▪ Enhancing coordination, speed and agility. <p>Volleyball</p> <ul style="list-style-type: none"> ▪ Demonstrating proper technique for pass, set, spike and serve. ▪ Improve communication ▪ Understanding basic concepts <p>Floor Hockey</p> <ul style="list-style-type: none"> ▪ Understanding rules, techniques, concepts and history of the sport. ▪ Practicing good sportsmanship <p>Softball</p> <ul style="list-style-type: none"> ▪ Improving hand eye coordination ▪ Field awareness <p>Track and Field</p> <ul style="list-style-type: none"> ▪ Correct form and procedures for track events ▪ Demonstrate God given talent 	<p>Substance Abuse</p> <ul style="list-style-type: none"> ▪ Define alcohol and its effects ▪ Determine negative effects of tobacco use ▪ Recognize the consequences of drug use. ▪ Understanding these substances will not bring us true, lasting satisfaction. This only comes from knowing Christ. <p>Reproductive System/ Human Sexuality</p> <ul style="list-style-type: none"> ▪ Acknowledging the male and female reproductive organs. ▪ Making a commitment to abstain from sex until marriage, honoring future spouse and more importantly honoring God. <p>First Aid</p> <ul style="list-style-type: none"> ▪ Define first aid ▪ Understanding how to administer first aid in various situations. <p>Communicable and Non-communicable Diseases</p> <ul style="list-style-type: none"> ▪ Identifying two different types of diseases ▪ Acknowledging their causes and effects and how to avoid. <p>Understanding self and relationships</p> <ul style="list-style-type: none"> ▪ Learning one's significance is in Christ. ▪ Biblically understanding the significance of various relationships. 	<p>Health Introduction</p> <ul style="list-style-type: none"> ▪ Define health and wellness ▪ Identify factors that promote healthy living ▪ Understand the difference between physical health, mental/emotional, social and spiritual health. <p>Healthy Habits</p> <ul style="list-style-type: none"> ▪ Understanding basic hygiene ▪ Recognizing the importance of healthy living to honor God.