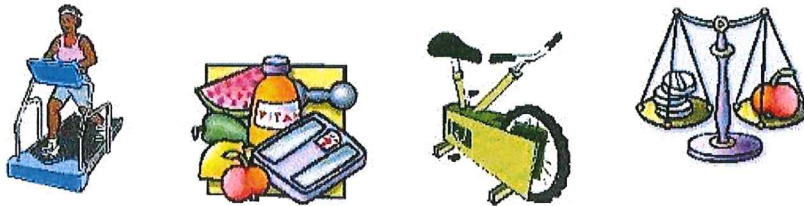


August 2021

Physical Education & Health Curriculum



Health / Physical Education



**Edgar School
District**

Overview of Units for Kindergarten – 2nd Grade

The purpose of the primary physical education classes (K-2) is to allow students to explore various activities and to improve on skill development in order to guide the children in the process of becoming physically active for a lifetime.

Kindergarten-2nd Grade Units: Physical Education 30 minutes daily with a total of 19 units

Establishing Learning Environment	Locomotor Skills	Space & Body Awareness	Chasing, Fleeing, & Dodging
Playground Games & Rules	Throwing & Catching	Striking w/ Short Implements & Vollying	Dribbling: Hands
Team Building	Transferring Weight, Balance & Tumbling	Skill Stations	Rhythms & Dance
Outdoor Adventure	Rolling: Bowling	Juggling	Striking w/ Long Implements
Jumping, Leaping, Landing	Kicking	Environmental Awareness	

Overview of Units for 3rd- 5th Grade

The purpose of the 3rd – 5th grade physical education classes is to allow students to explore various activities while improving on specific skill development in order to guide the children in the process of becoming physically active for a lifetime

3rd-5th Grade Units: Physical Education 30 minutes daily with a total of 20 units.

Establishing Learning Environment	Locomotor Skills	Space & Body Awareness	Chasing, Fleeing, & Dodging
Playground Games & Rules	Throwing & Catching	Striking w/ Short Implements & Vollying	Dribbling: Hands
Team Building	Transferring Weight, Balance & Tumbling	Skill Stations	Rhythms & Dance
Inline Skating	Outdoor Adventure	Rolling: Bowling	Juggling
Striking w/ Long Implements	Jumping, Leaping, & Landing	Kicking/Dribbling w/ Feet	Track & Field

Overview of Units for 6th– 8th Grade...Middle School Physical Education

The purpose of the middle school physical education classes is to allow students to explore and participate in team sports, individual and dual sports, net games, and challenge by choice activities. Each area requires mastery of communication and team building skills that will guide each student towards a more diverse and healthy lifestyle.

6th – 8th grade students have physical education 45 minutes three times a week yearly...total of 29 units.

6th- 8th Grade PE Units:

Fitness Testing	Team Building and Cooperative	Football	Soccer
Volleyball	Indoor Archery	Dance	Basketball
Badminton/Table Tennis	Pickleball	Snowshoeing	X-Country Skiing
Floor Hockey	Inline Skating	Fitness Center/Weight Training	Mountain Biking
Cardio Activities	Disc Golf	Team Handball	Softball
Recreational Games	Stunts/Tumbling	Snowshoeing	Tchoukball
Rock Wall	Tennis	Speedball	Ultimate Frisbee
Track & Field			

Overview of Units for High School Physical Education...Grades 9-12

The purpose of high school physical education classes is to allow students to focus specifically on various activities in team sports, individual and dual activities, net games, outdoor recreation and challenge by choice activities. Each area will provide opportunities for students to learn, engage, and create challenges in becoming healthy and successful individuals for life after high school.

9th/10th, and 11th grade students have physical education 90 minutes every other day for one semester...total of 18/10 units.

12th grade students have physical education 90 minutes daily for one semester (elective course)...total of 10 units.

9th/10th Grade Units...18 units: (*Choice units)

Fitness Components & Fitness Testing	*Ultimate Frisbee	*Flag Football	*Disc Golf
*Tennis	*Archery	Golf	*Inline Skating
*Rock Climbing	*Mountain Biking	Swimming-9th only	Net Games
Team Handball- 10th only	Tchoukball -10th only	Volleyball-10th only	Basketball-10th only
*Cross Country Skiing/ Snowshoeing	*Ice Hockey/ Broomball		

11th Grade Units...10 units:

Fitness Components & Fitness Testing	Cross Country Skiing/Snowshoeing	Swimming	Net Games
Inline Skating	Rock Climbing	Mountain Biking	Disc Golf
Golf	Softball		

12th Grade Units..."Elective" 10 units:

Broomball/Ice Hockey	Volleyball/Big Ball	Basketball	Indoor Soccer
Net Games	Flag Football/Ultimate Frisbee	Disc Golf	Outdoor Pursuits
Recreational Games	Softball/Mickeyball		

Overview of Units for 6th Grade Health

The purpose of the middle school physical health class is to introduce students to basic health terms and topics. Students will learn about healthy ways to care for themselves physically, emotionally & nutritionally as well as exploring the body systems and how they work.

6th grade students have health 45 minutes twice per week yearly...total of 10 units.

6th Grade Health Units:

Your Health & Wellness	Social Health & Relationships	Mental/Emotional Wellness	Diseases	Injury Prevention & Safety
Nutrition & Physical Activity	Personal Health & Body Systems	Alcohol, Tobacco, & Other Drugs	Conflict Resolution & Violence Prevention	Environmental Health

Overview of Units for High School Health...Grades 9-12

The purpose of high school health classes is to allow students to study the human body and understand its functions, to inform students how to make healthy choices and develop skills to maintain optimal health.

9th grade students have Health for 90 minutes every other day for one semester...total of 10 units.

10th - 12th grade students have Medical Terminology for 45 minutes daily for one semester (elective course)...total of 13 units.

9th Grade Health Units:

Understanding Health & Wellness	Personal Care	Nutrition	Mental & Emotional Health	Environmental Health
Healthy & Safe Relationships	Human Growth & Development	Tobacco, Alcohol, & Other Drugs	Diseases	CPR/First Aid

11th/12th Grade Medical Terminology Units (NTC Dual Credit):

The Basics of Medical Terms/Directional Planes	Body Structure/Color/Oncology	Integumentary System
Respiratory System & Intro to Diagnostic Procedures & Tests	Urinary System & Male Reproductive System	Female Reproductive System
Obstetrics & Neonatology	Cardiovascular/Immune/Lymphatic Systems & Blood	Digestive System
Musculoskeletal System	Eye & Ear	Nervous System and Behavioral Health
Endocrine System		