

Physical Education

Weight Training

This course is designed to assist in the physical development of their body. Scholars have an expectation to increase their physical development in strength, flexibility and coordination of 15% from their baseline assessment to their final assessment at the end of the term.

Scholars will be quizzed and examined on technic, common and advance knowledge, equipment and exercises to enhance specific target muscles.

Health

This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health. Scholars study will include but not limited to:

- Personal and community health
- Mental health
- Emotional health
- Social health
- Injury prevention and safety; nutrition and physical activity
- Alcohol, tobacco and other drugs
- Physical education including Growth development and sexual health.

Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development and informed use of health-related information, products, and services.