

Rocky Hill High School Physical Education and Health



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1 credit Physical Education is required for graduation

9th Grade PE— Students will explore a variety of activities which will include challenging adventure and cooperative tasks, group games, weight training,, yoga, badminton, tennis, volleyball, ultimate frisbee, flag football, lacrosse, and floor hockey. Students will also learn water safety, basic stroke development, and participate in aquatic games and fitness activities

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 such as boxing and medicine ball, plyometric. Students will work out in the weight room & 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 course for the student interested in working with students of unique needs in a physical education setting. Students will have the opportunity to work one on one with a student in a group environment.

PE Related Elective Classes

Lifeguarding—A full semester course will entail training in all American Red Cross Lifeguarding rescues and techniques.

Athletic Leadership I—Students investigate, discuss, and debate the current issues in sports and historical events in sports and how they impact our society. Students will also be exposed to the sport and athletic related careers of Sports Marketing, Sports Management, Fitness Training, Athletic Training, Coaching and Teaching through discussions, guest speakers, and hands on experiences.

Athletic Leadership II— Students will be responsible for planning and creating a coaching portfolio consisting of team mission, philosophy, mental skills, practice plans and injury prevention plans. Students will also implement outside of the classroom events and lessons.

1 credit of Health Education is required for graduation

Health I—is designed to provide the student with the ability, through scientific and personal knowledge, to make crucial decisions regarding the physical and emotional health issues facing every individual in American society today. 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.

Health II - will review the key concepts covered in Health I. Health II will additionally discuss the topics of financial wellness , nutrition, exercise, college/career planning, and first aid training. The course is designed to provide the student with a global perspective on societal and personal issues. This understanding of current issues provides the skills necessary to make informed decisions in life.