

PHYSICAL EDUCATION AND HEALTH

Physical Education and Health courses are designed to provide students with the skills and knowledge necessary to lead a healthy and active life style. In Physical Education students are exposed to many different types of activities to encourage a life-long pursuit of personal fitness. In Health, students learn a variety of topics included in the five main units: Mental Health, Nutrition, Eating Disorders, Substance Prevention and Abuse, and Sexuality and Relationships. Students will be provided current factual information to be able to make informed decisions regarding their own health.

BHS Graduation Requirements
Physical Education – 1.5 credits
Health – 0.5 credits

The Burlington High School graduate accepts responsibility for personal fitness by demonstrating the relationship between nutrition, physical activity, and personal lifestyles in determining health and life choices.

Phys Ed	Lifetime Activities I – fall only (0.5 credit) Team Activities I (0.5 credit) Lifetime Activities II – fall only (0.5 credit) Team Activities II (0.5 credit) Movement Exploration (0.5 credit) PE Capstone (0.5 credit)
Health	Health (0.5 credit)
Electives	Take Control (0.5 credit) International Foods (0.5 credit)

To achieve the graduation requirement in Physical Education, a student must demonstrate the following proficiencies set by the National PE Standards:

- Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

To achieve the graduation requirement in Health, a student must demonstrate the following proficiencies set by the National Health Standards:

- Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

COURSES IN PHYSICAL EDUCATION

520141 Lifetime Activities I FALL ONLY 0.5 Credit Grades 9-12

This course focuses on lifelong physical activities and development of the skills necessary to achieve and maintain a health-enhancing level of physical activity and fitness. Students will have an opportunity to experience most of the following activities: Canoeing, Team Building/Project Adventure, Ultimate Frisbee, Badminton, Tennis, CPR/ First Aid with AED training, Weight Training, and a Fitness Unit focusing on the five components of fitness. Emphasis is placed on physical literacy and individual goals. This is a proficiency based course and students are required to demonstrate proficiency in all learning outcomes.
Primary Graduate Expectation: Personal Development.

520142 Team Activities I SPRING ONLY 0.5 Credit Grades 9-12

This course blends lifelong physical activities with team activities and challenges students to be active and engage in cooperative team activities. Students will be expected to demonstrate knowledge of concepts, principles, strategies and tactics related to a variety of movement patterns. Students will have an opportunity to experience many of the following activities: Snowshoeing, Volleyball, Floor Hockey, Soccer, Softball, Introduction to Biking, Beach Volleyball, Floor Hockey, Basketball, and Team Handball. The focus of physical literate student in this course is to be able to demonstrate personal and social behavior that respects self and others. This is a proficiency based course and students are required to demonstrate proficiency in all learning outcomes. *Primary Graduate Expectations:* Cross-Cultural Understanding & Civic Engagement, Personal Development.

520143 Lifetime Activities II FALL ONLY 0.5 Credit Grades 10-12
This course is a continuation of Lifetime Activities I. While Lifetime Activities I is not a pre-requisite, it is strongly recommended students complete Lifetime Activities I prior to this course and are able to successfully ride a bike. Students will have an opportunity to experience a wide variety of outdoor and indoor activities including the following: Biking (road and trail), Personal Fitness, Nerf Tennis, Pickle Ball, Team Handball, Cross-Country Skiing (weather permitting). A highlight of this course is a well-liked biking unit which allows students to learn all aspects of bike riding, repair, and road rules. Students will ride on the bike path, Fort Ethan Allen and through area trails. This is a proficiency based course with focus on recognizing the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
Primary Graduate Expectation: Personal Development.

520144 Team Activities II SPRING ONLY 0.5 Credit Grades 10-12
This course is for students who want to get outside, be active and have fun. Students will have an opportunity to experience a combination of lifelong and team activities such as: Volleyball, Cross Country Skiing (weather permitting), Exercise Physiology and Weight Training, Sports Conditioning; Floor Hockey, Speedball, Basketball, Archery, and Outdoor Team Games. This is a proficiency based course with a strong emphasis on all of the National PE Standards.
Primary Graduate Expectation: Personal Development.

52016 Movement Exploration 0.5 Credit Grades 10-12
Students will explore movement and dance as lifelong physical activity. This is a non-traditional Physical Education class with a focus on understanding movement and movement patterns along with demonstrating concepts, principles, strategies and tactics related to movement and performance. Students will have an opportunity to experience the following activities: Introduction to Yoga, Pilates, Creative Dance, Tae Bo, P90x, Geo Fitness, and a fitness unit focusing on the fitness/strength components of movement and dance. The proficiencies for this course are based on specific learning outcomes for each unit.
Prerequisite: Completion of Lifetime Activities I. *Primary Graduate Expectation:* Personal Development.

52021 PE CAPSTONE 0.5 Credit Grades 11-12
Students may choose this course as an independent study for Physical Education. Students enrolled in this course have the flexibility of designing a plan that fits their needs. This course is ideal for those students who thrive with the opportunity to self-direct their own learning and wish to develop their own path and personal learning plan. In this course students have the opportunity to use outside learning physical activity opportunities and apply them to this course for credit. The focus is becoming physically literate and to be able to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Regular meetings with a teacher and submissions of work will be required for students to demonstrate progress towards meeting course goals. Limited slots are available; an application is required and available in the Guidance Office. *Prerequisite:* Completion of 1.0 Credits of Physical Education. *Primary Graduate Expectation:* Critical Thinking and Problem Solving, Personal Development.

COURSES IN HEALTH AND FAMILY CONSUMER SCIENCES

52030 Health 0.5 Credit Grades 9-12
Students will receive current and factual information that can be used to make informed decisions regarding their own health and health care. Topics covered include: human dynamics, mental health, nutrition, eating disorders, food safety & food preparation, substance abuse, and prevention, communicable and non-communicable diseases, sexuality, healthy and unhealthy relationships and current topics and trends. All units are aligned with the National Health Standards and each unit has specific learning outcomes and proficiencies. This course is a BHS and State graduation requirement. *Primary Graduate Expectation:* Cross-Cultural Understanding and Civic Engagement, Effective Communication, Personal Development.

520323 Take Control of Your Health through Food 0.5 Credit Fall Only Elective Grades 10-12
Students will learn to cook basic delicious, fun and healthy meals in this fall semester class. Students will also learn how to shop at a grocery store - what to buy, prices, how to make good choices, and how to work within a budget. Students will explore the latest research in nutrition and the impact it has on their health. We will also explore the path food takes from farm to table. Guest speakers will be members of the community who are involved in food production and sales. This class is limited to 20 students each semester. *Prerequisite:* Successful completion of Health. *Primary Graduation Expectation:* Critical Thinking and Problem Solving, Personal Development.

520322 International Foods 0.5 Credit Spring Only Elective Grades 10-12
In this spring semester course, students will investigate the food choices and practices of an international culture or country, including global issues such as disasters, war and other catastrophes and their effect on the food supply. Students will plan, prepare and serve dishes related to his/her chosen area to the class. Students will also investigate and demonstrate understanding of food preparation and food science in chosen areas. The class will culminate with a student driven lunch buffet. Students will learn skills around recipe/food choices, understanding cost and revenue, developing the menu, marketing, preparation of a large-scale meal, service of the meal, and clean up. *Prerequisite:* Successful completion of Health. *Primary Graduation Expectation:* Cross-Cultural Understanding and Civic Engagement, Personal Development.