

The PE/Health K-12 instructional program guarantees :

1. A consistently safe, positive, fun, and affirming environment for learning.
2. The active engagement of all learners, regardless of physical skill, in challenging and personally meaningful health and fitness activities.
3. A commitment to building a sound framework for learning that promotes the acquisition of knowledge, skills, behaviors, and attitudes that promote cooperation, team work, respect for others, and a life-long appreciation for maintaining health and physical fitness.

Physical Fitness

Ability of the body to carry out daily physical activities without getting out of breath, sore, or overly tired.

Students and families are encouraged to participate in regular physical activity in their neighborhood, home, local park, and/or community fitness center (YMCA).

Benefits of Physical Fitness

Physical	Mental	Social
Stronger heart	Reduce depression	Increase self esteem
Stronger lungs	Reduce anxiety	Positive body changes
Lower cholesterol	Reduce stress	Socialize with others
Muscular strength	Better sleep	Communication skills
Good ratio muscle/fat	Outlet	Improved appearance
Increased metabolic rate	Release endorphins	More calories burned
More alert	Reduced health problems	Feel better through the day
Control weight	Higher energy level	



The York School District 1 Physical Education and Health curriculum unit and lesson plans can be found on the district website at www.york.k12.sc.us

Questions about the curriculum or instructional materials ? Contact Dr. Audrey Allan, Director of Middle and Secondary Programs at aallan@york.k12.sc.us.



Mission Statement

Working with the community, we will provide a diverse, innovative education in a safe environment enabling students to become responsible citizens in a global society.

**SPARKING POTENTIAL
INSPIRING SUCCESS**



**Physical Education and Health
Instructional Program**

York Comprehensive High School

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**EDUCATIONAL PHILOSOPHY
OF TEACHING AND LEARNING**

A HIGH QUALITY PHYSICAL/HEALTH EDUCATION PROGRAM THAT SUPPORTS THE DISTRICT VISION, MISSION, AND BELIEFS REQUIRES THE PROGRAM OF INSTRUCTION TO SUPPORT THE BUILDING OF FOUNDATIONAL SKILLS FOR LIFE-LONG PHYSICAL WELLBEING, HONOR STUDENT DIVERSITY, ENCOURAGE COMMUNITY BUILDING AND ACTIVE PARTICIPATION, AND TO PROVIDE OPPORTUNITIES TO INCREASE THE VALUE PLACED ON PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, SELF EXPRESSION, AND SELF-CONFIDENCE.



CURRICULUM CONTENT

The YSD1 PE/Health curriculum is composed of well-designed lessons that are aligned to the *South Carolina Academic Standards for Physical Education* () and *Health and Safety (2009)*. The program of instruction is designed to build skills K-12 and ensure that motor skills, physical activity, and fitness assessments are age and developmentally appropriate and that the required comprehensive health components are incorporated as required by the *South Carolina Comprehensive Health Education Act* (SC Code Ann. § 59-32-30). Appropriate monitoring and reinforcement with opportunity for students to conduct self-assessment and practice self-monitoring of physical activity is part of the regular student



assessment of progress. Out of school assignments support the goals of the physical education and health programs

and encourage the development of life-long healthy fitness habits. All classes are taught by qualified physical education teachers and reasonable class size is maintained to optimize instruction.

FITNESS COMPONENTS

Health Related:

Cardio- Respiratory Endurance
Muscular Strength
Muscular Endurance
Flexibility
Aerobic Activity
(low to mod. Impact—long duration)
Anaerobic Activity
(high impact-short duration)

Skill Related:

Balance
Coordination
Agility
Body Composition
Reaction time
Power
Speed

Students will be required to keep a fitness journal and develop a family fitness/nutrition plan.

HEALTH COMPONENTS

The *South Carolina Comprehensive Health Education Act of 1988 and 2005* requires age-appropriate, sequential instruction in health be part of the school curriculum (S.C. Code Ann. §59-10-10 through 59-1—380). *The Comprehensive Health Education Act* (S.C. Code Ann. § 59-32-30) specifies that health education must be taught a minimum of 75 minutes per week for 36 weeks in grades K-6; 250 minutes a week for 9 weeks in grades 7 and 8; and that students take at least one comprehensive health course in high school providing a minimum of 750 minutes of health instruction related to reproductive health and pregnancy prevention.

6 Content Areas Addressed:

Alcohol, Tobacco, and Other Drugs
Growth, Development, and Sexual Health /Responsibility
Injury Prevention and Safety
Mental, Emotional, and Social Health
Personal and Community Health
Physical Activity and Nutrition
Comprehensive Health



Program of Instruction

All physical education courses are co-educational. One credit of PE is required for students to be awarded a high school diploma.

PE 1— Lifetime Sports and Activities (Explorations)

Students are exposed to a variety of fitness, sports related, and leisure-time activities with a major emphasis placed on physical and lifetime fitness, basic sports skills, and game knowledge. The goal is for students to be able to demonstrate two movement skills in two sports. Health, math, literacy, and lifetime fitness components will be included.

PE 2—Lifetime Sports and Activities (Appreciation)

PE 3—Team Sports and Activities (Cooperation)

PE 4—Strength and Conditioning (Sports Integration)

Sports and Activities Offered

Golf, Tennis, Lacrosse, Soccer, Ultimate Frisbee, Frisbee Disc Golf, Volleyball, Bocce Ball, Basketball, Horse Shoes, Corn Hole, Football, Bowling, Ping Pong, Hockey, Badminton, Handball, Pickle Ball, Cooperative Games (ex. Dodge Ball, Mission Impossible), and Softball.

Expectations/Rules

Attend class	Be Respectful	No Hall Passes
Be Prompt	Cooperate	No book bags
Be Prepared	Practice Safety	Use own locker
Dress out	Participate	

Daily Classroom Procedures

1. Assigned seat/Roll Call
2. Dress-Out (5 minute time limit)
3. Assigned seat/Lesson Introduction
4. Jog and Warm-ups
6. Journal Entry/notes
7. Teacher/student demonstration
8. Individual Practice (skills)
9. Partner/Cooperative group practice (skills)
10. Team Modified game play
11. Cool-Downs
12. Closure/Review

Grading Procedures

Dress-out and participation (50%)
Skills and Fitness Tests (25%)
Written assignments and tests (25%)
(Family fitness/nutrition plan and journal)
Final Exam (20% of overall grade)

Consequences will be applied to final grade for not dressing out or for lack of quality participation.

