

PHYSICAL EDUCATION/HEALTH HIGH SCHOOL CURRICULUM

PE/Health grade 9 and 10 (Unleveled) 009 2.5 credits

PE/Health grade 11 and 12 (Unleveled) 010 2.5 credits

DESCRIPTION:

The Milton High School graduate will demonstrate an awareness of and an ability to practice health-enhancing behaviors as part of the student expectations for learning. The implementation of the course will provide students with knowledge and proficiency in a variety of activities, promote a sense of quality physical fitness, and provide students with the opportunity for active, healthy, social interaction in peer group activities. Health lessons, which are part of the curriculum, and aligned with the Massachusetts Department of Education Frameworks, are designed to give students the information they need to make responsible decisions in their personal lives pertaining to the health issues of today. All classes are co-educational

The four-year physical education program includes units in fitness testing, weight training, cardio and conditioning, soccer, speedball, football, lacrosse, softball, archery, track and field, basketball, volleyball, badminton, team handball, and floor hockey.

The four-year health program includes units in CPR, first aid, tobacco, alcohol and drug education, sexually-transmitted diseases, nutrition, fitness and eating disorders, conflict resolution, teen-dating violence, stress, suicide, and mental health.

REQUIREMENTS:

In order to graduate from Milton High School, all students are required to take and pass four years of physical education/health for a total of ten credits

UNITS:

PHYSICAL EDUCATION

Football/Ultimate Frisbee

Soccer

Softball

President's Fitness Testing

Pull-Ups/Flex Arm Hang

Sit-Ups

Sit & Reach

Shuttle Run

Mile Run

Basketball

Badminton

Volleyball

Lifetime Games

Weight Training

Golf

Archery

Floor Hockey

Tennis

HEALTH

Alcohol & Tobacco

Nutrition & Fitness

Violence Prevention/Conflict Resolution

CPR

Depression Initiative (9/10 grades every 2 years)

Drug Education

Mental Health

STI's

First Aid/CPR

9/10 GRADE PE & HEALTH		11/12 GRADE PE & HEALTH	
Football/Ultimate Frisbee	Alcohol & Tobacco	Football/Ultimate Frisbee	Drug Education
Soccer	Nutrition & Fitness	Soccer	Mental Health
Softball	Violence Prevention	Softball	STI's
President's Fitness Testing	Conflict Resolution	President's Fitness Testing	First Aid/CPR
Basketball	CPR	Basketball	
Badminton	Depression Initiative	Badminton	
Volleyball		Volleyball	
Lifetime Games		Lifetime Games	