

**Cheshire High School  
2007-2008 Program of Studies**

**PHYSICAL EDUCATION DEPARTMENT**

Physical Education is an integral part of the educational process for every student. It contributes significantly to the optimum development of each student. Through a well-planned and sequential program of physical education, each student will gain the knowledge to develop and maintain a high level of physical fitness necessary for maximum growth, development and wellness.

Through physical activity we seek to provide enjoyable and successful experiences in order that we promote cooperation, teamwork, improved self-esteem, an awareness and appreciation of individual differences and an interest in life-long activities.

Physical Education is a required course for all students. Freshmen and juniors participate in Physical Education for one semester and Health for the other half of the school year. Sophomores and seniors take Physical Education for the entire school year. During the fall of their sophomore year, students are expected to complete the State of Connecticut mandated physical fitness assessment test.

**Department Expectations**

**Collaborative/Cooperative Worker**

- Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

**Community Contributor & Effective Communicator**

- Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

**Complex Thinker**

- Demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Knowledgeable Person**

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Self-Directed Learner**

- Demonstrate the knowledge and ability to use fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

**Skilled Information Processor**

- Realize the importance of a physically active life and participate regularly in physical activity. Skilled Information Processor

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***What can I do with a major in Health and Physical Education?***

- Athletic Coach or Trainer
- Chiropractor
- Dentist or Dental Technician
- Occupational Therapist
- Physical Instructor/Therapist
- Practical Nurse/Registered Nurse
- Recreation Leader
- Sports Announcer or Cartoonist
- Sports Medicine
- Veterinarian or Veterinary Lab Technician
- X-Ray Technician
- Public Health Educator or Engineer
- Physical Education/Health Teacher



**Activity Units:**

Level: None  
 Prerequisite: None  
 Course Length: Semester  
*Once every fourth day*  
 ¼ Credit  
 Grades 9 - 12

**Semester Offerings**

**Grade 9**

900 Project Adventure I  
 Team/Individual Sports  
 Dance

909 Freshman Health

**Grade 10**

910 Orienteering  
 Physical Fitness Assessment  
 Team/Individual Sports  
 Dance

919 Team/Individual Sports

**Semester Offerings**

**Grade 11**

920 Junior Health Seminar  
  
 929 Team/Individual Sports  
 Project Adventure II

**Grade 12**

930 Team/Individual Sports  
 Activity Units  
  
 939 Project Adventure III  
 Team/Individual Sports

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**ACTIVITY UNIT DESCRIPTION**


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<p><b>Archery</b> Shooting Techniques Scoring Safety Precautions</p>	<p><b>Orienteering</b> Map Reading Compass Use Group Work</p>	<p>Knowledge of the Myths of Sexual Assault</p>
<p><b>Badminton</b> Basic Strokes Singles and Doubles Strategies of Competition</p>	<p><b>Paddleball</b> Basic Skills Singles and Doubles Strategies</p>	<p><b>Soccer</b> Basic Skills and Techniques Offensive/Defensive Strategies</p>
<p><b>Basketball</b> Ball Handling Skills Basic Shots Offensive and Defensive Strategies</p>	<p><b>Physical Fitness Assessment</b> State Mandated Program to test for endurance, abdominal strength, upper body strength and flexibility</p>	<p><b>Softball</b> Slow Pitch Basic Skills and Strategies</p>
<p><b>Dance</b> Line dancing Basic steps and skills</p>	<p><b>Pickleball</b> Basic skills Singles and Doubles Strategies</p>	<p><b>Step Aerobics</b> Basic Movements and Routines F.I.T. Principle</p>
<p><b>Flag Football</b> Skills and Techniques Offensive and Defensive Strategies</p>	<p><b>Project Adventure I-IV</b> Low Challenge Ropes Course Group Problem-Solving Decision-Making Initiatives Intermediate and High Level Challenges Group/Partner Decision-Making, Problem-Solving Initiatives Trust Falls, Climbing Wall High Elements</p>	<p><b>Team Handball</b> Ball Handling Skills Game Strategies</p>
<p><b>Golf I, II</b> Basic Grips, Strokes Knowledge of Club Use Course Etiquette</p>	<p><b>Tennis</b> Basic Strokes Singles and Doubles Strategies Court Etiquette</p>	<p><b>Volleyball I</b> Basic Skills and Strategies</p>
<p><b>Ice Skating</b> Basic Skills and Safety</p>	<p><b>Volleyball II</b> Intermediate and Advanced Skills and Strategies</p>	<p><b>Weight Training</b> Free Weights Universal Body Type–Composition Development of Individualized Fitness Program</p>
<p><b>Low Organizational Games</b> Designed for students interested in working with children of all ages in a recreational program or camp setting Variety of Developmentally appropriate Games</p>	<p><b>Self Defense</b> Recognition of Dangerous Situations Defensive Stance Various Releases and kicks Car and Home Safety Components of a Counter-attack</p>	

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**953 Corrective and Adaptive Physical Education  
(First Semester)**

**954 Corrective and Adaptive Physical Education  
(Second Semester)**

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Level: None

Prerequisite: Placement by P.P.T. or Guidance  
Counselor

Course Length: Semester

½ Credit

Grades 9 - 12

This physical education course is for those students with medical excuses and/or special needs and is designed to meet their needs through individually planned sessions prescribed by their physicians, in conjunction with their physical education instructors. Students in this program are scheduled by their counselors with permission from the physical education Department Chairperson.

**957 Project Adventure Leadership Seminar**

Level: 2

Prerequisite: Department Chair recommendation

Course Length: Semester

½ Credit

Grades 11, 12

This Physical Education Junior/Senior elective is designed to provide the student with the knowledge and ability to assist in the administration of the Project Adventure Curriculum to underclassmen. This course will provide the resources necessary to improve the students' skills and develop their leadership potential. It will concentrate on the development of interpersonal skills, such as cooperation, communication, respect, and trust as they relate to

the Physical Adventure challenges. The course will discuss the risk and safety factors associated with each activity, as well as the need for encouragement, sensitivity and compassion. Students will learn how to apply decision-making skills, and set reasonable and attainable goals. All participants will learn the techniques of rock climbing; knot-tying, belaying, climbing, and rappelling, and have the opportunity to take the certification exam. During the end of the semester the students will be able to apply the information learned in class in a practical classroom experience.

**958 Peer Health Educators**

Level: I

Prerequisite: Department Chair recommendation

Course Length: Full Year

1 Credit

Grades 11, 12

Senior Health Requirement Credit (Seniors only)

This Health elective is designed to give students the opportunity to further investigate and research current health issues and the various components of the health curriculum. As a result of this students analyze, synthesize and reflect upon their findings formulating projects and lessons to be presented to students in grades 4 – 9. This is a student centered community based group. The purpose of the group is to educate and inform the youth of Cheshire about the topics that have the potential to affect them. They will reinforce and compliment at a comfortable level what is being taught by the health educators as well as sharing their own experiences.

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**HEALTH DEPARTMENT**

The Cheshire Public Schools offer a comprehensive, sequential K-12 health education curriculum designed to address the significant health and behavioral issues facing today's youth. At Cheshire High School, all freshmen and juniors participate in a required health class. Their sophomore year, the health curriculum is provided by the science department as part of the biology curriculum. As seniors, students have the ability to choose a health elective to fulfill their health requirement.

**Department Expectations**

**Collaborative/Cooperative Worker & Community Contributor**

- Demonstrate the ability to advocate for personal, family and community health.

**Complex Thinker**

- Demonstrate the ability to access valid health information and health-promoting products and services.

**Effective Communicator**

- Demonstrate the ability to use interpersonal communication skills to enhance health.

**Knowledgeable Person**

- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Comprehend concepts related to health promotion and disease prevention.

**Self-Directed Learner**

- Demonstrate the ability to set goals and make decisions to enhance health.

**Skilled Information Processor**

- Analyze the influence of culture, media, technology, and other factors on health.



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The K-12 Health Department, in conjunction with the Health Curriculum committee, has developed a Health Curriculum for the district. The Curriculum for Cheshire High School is designed as follows:

**Grade 9**

**The Health Curriculum is provided through the Health and Physical Education Department. The units of study include:**

- Substance Abuse Prevention
- Mental/Emotional Health
- Nutrition
- Human Growth and Development
- Aids and Disease Prevention
- Personal Fitness

**Grade 10**

**The Health Curriculum is provided by the Science Department as part of the Biology Curriculum. The units of study include:**

- Substance Abuse Prevention
- Human Growth and Development
- Disease Prevention
- AIDS

**Grade 11**

**The Health Curriculum is provided through the Junior Health Seminar. The units of study include:**

- Substance Abuse Prevention
- Mental and Emotional Health
- Human Growth and Development
- Disease Prevention and AIDS Education
- Nutrition
- First Aid and Safety/CPR

**Grade 12**

**The Health Curriculum is provided through the following electives:**

- Adult Roles
- Child Development
- Human Growth and Development
- Human Body Systems
- Current Issues
- Psychology
- Sociology
- Peer Health Educators

These units of study include:

- Substance Abuse Prevention
- Human Growth and Development
- Disease Prevention
- Consumer and Community Health

All students are required to participate in the Health Curriculum. The 9-12 program has been planned in accordance with State mandate

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The State of Connecticut has mandated that students be offered AIDS education at certain grade levels. The Health Curriculum has included AIDS education in Freshman Health, Sophomore Biology and Junior Health Seminar. This instruction is designed to assist students in making healthy decisions as they grow up in a world where AIDS is a reality.

*If there is any reason why you would prefer your child not participate in the AIDS portion of the Health Curriculum, you must inform the Principal of Cheshire High School by calling 250-2511. This request must also be submitted in writing to the Principal and/or Department Chairperson.*