

## **PHYSICAL EDUCATION**

One and a half credits are required for graduation – 1 physical education credit and ½ comprehensive health credit must be included in the 1-1/2 credits

### **MYP General Physical Education I and II (Grade 9)**

**8800/8801**

**.5**

**credit/.5 credit**

This course includes opportunities for a varied selection of individual, dual, team and personal development activities. Students are guided in identifying and improving their individual physical fitness levels. This course is recommended for students for whom basic skills and experiences are appropriate. It is recommended that 9<sup>th</sup> grade students be enrolled in General Physical Education 1 as an introduction to the high school physical education curriculum.

### **MYP Comprehensive Health Education (Grade 10 only)**

**8810 – ONE SEMESTER ONLY**

**.5**

**credit**

*This course is needed for graduation.*

Students address issues in seven topics that include mental health; tobacco, alcohol, and other drugs; personal and consumer health; nutrition and fitness; safety and injury prevention; family life and human sexuality; and disease prevention and control. Although this course is required for graduation, it contains two units, family life and human sexuality and AIDS prevention education that require parental permission for students under age 18 years who participate in these units.

*Participation in MYP Physical Education courses will enable students to develop an appreciation and fundamental understanding of the value of Physical Education and its relationship to a healthy, active lifestyle. In addition, it will develop students' awareness of movement as a creative medium in the development of communication, expression, and aesthetic appreciation (as reflected in dance and gymnastics, for example). Finally, MYP Physical Education courses should strive to make participation in physical activity a pleasurable experience in which enjoyment and satisfaction are of the same importance as the skills being taught or the activity being pursued. This will be done by using an appropriate methodology and teaching style; with the subject being presented in a manner which gives satisfaction and a sense of achievement to all.*