

Class of 2030 must complete 1 Credit in Physical Education and 1 Credit in Honors Health A and B

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Physical Education and Health Department Offerings

Basketball- HPE2016

The Basketball course is designed for students to achieve and maintain a healthy level of fitness and increase physical competency in the sport of basketball. Students are provided with opportunities to develop a positive self-image, personal responsibility, and to learn to work collaboratively with their classmates. Drills will be focused on developing and improving basketball fundamentals, dribbling, shooting, defense and teamwork. Games and tournaments will be played. Considerable time will be spent playing the game. Students can take this course an unlimited amount of times.

Flag Football- HPE2020

This semester-long course offers in-depth instruction in the rules and game play of football. The course will provide opportunities to apply movement skills to advanced tactics. Students will be given leadership roles as an opportunity for growth in personal and social responsibility. Enhancement of skills and strategies will be gained throughout this course. Class emphasizes individual and team offensive, defensive concepts of team organization and play. Considerable time will be spent playing the game. Students can take this course an unlimited amount of times.

Floor Hockey and Badminton- HPE2018

This semester-long course offers in-depth instruction in Floor Hockey and Badminton! Considerable time will be spent playing the game of Badminton and Floor Hockey. The course will provide opportunities to apply movement skills to advanced tactics and concepts. Students will be instructed in the basic skills of the sport as well as rules of play and strategies of play. Students will be given leadership roles as an opportunity for growth in personal and social responsibility. Drills, games and tournaments will be played. This course can be taken an unlimited amount of times.

Lacrosse- HPE2021

These semester-long courses offer in-depth instruction in the selected activity. The course will provide opportunities to apply movement skills to advanced tactics and concepts of the chosen activity. Students will be given leadership roles as an opportunity for growth in personal and social responsibility. Students will deepen their understanding of personal fitness plans and goal setting as they apply directly to the SPE activity selected. This curriculum is designed in order to refine and build lacrosse knowledge while achieving a health enhancing level of physical fitness in order to enjoy and continue to play the game of lacrosse throughout one's lifetime. Grade Level: 9 - 10 - 11 - 12

Leadership Opportunities in Physical Education (Yoga for Athletes) HPE2003 is a wellness-based course designed to support the physical, mental, and social-emotional development of high school students. Through yoga-based movement, students build flexibility, strength, balance, and body awareness while learning strategies for injury prevention and lifelong fitness. Instruction incorporates breathing, mindfulness, and basic sports psychology concepts—such as focus, confidence, goal-setting, and resilience—to promote self-management, stress regulation, and performance readiness in both academic and athletic settings. All activities are inclusive, developmentally appropriate, and accessible to students of varying athletic experience and ability levels.

Soccer- HPE2022

Soccer is the most popular global and lifelong sport in the world that one can participate in for the rest of his or her life. This soccer course uses fast paced and high energy styles of game play to explore tactics within the game. Examples of tactics covered include: attacking the goal, maintaining possession, creating and setting up an attack, and defending space. This class uses a combination of both small sided and larger team play throughout the semester. This course will help improve your cardiovascular fitness, endurance/stamina, speed, awareness, and agility. All students are welcome to take this course regardless of prior playing experience or fitness level. Students can take this course an unlimited amount of times.

Soccer (Female Only)- HPE2022-31

Soccer is the most popular global and lifelong sport in the world that one can participate in for the rest of his or her life. This soccer course uses fast paced and high energy styles of game play to explore tactics within the game. Examples of tactics covered include: attacking the goal, maintaining possession, creating and setting up an attack, and defending space. This class uses a combination of both small sided and larger team play throughout the semester. This course will help improve your cardiovascular fitness, endurance/stamina, speed, awareness, and agility. All students are welcome to take this course regardless of prior playing experience or fitness level. Students can take this course an unlimited amount of times.

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Team Sports- HPE2012

Students will learn key concepts and skills for a variety of team, lifetime and net sport games. In addition to common team sports, students will explore team handball, golf, archery, pickleball, badminton, and ultimate football. Students can take this course an unlimited amount of times.

Volleyball- HPE2025

Within this course you will learn and participate in the sport of volleyball both at the competitive and recreational levels. This course has been designed for students of all skill levels to grow and improve their volleyball skills so that they can participate in this sport throughout their lives. Students will be given leadership roles as an opportunity for growth in personal and social responsibility. This course instructs students in basic individual volleyball fundamental skills, offensive and defensive strategies, tactics, and current rules of play. Students will perform in drills, game situations and tournaments. Open to all skill levels. Students can take this course an unlimited amount of times.

Weight Training- HPE2026

This course is designed to give students the opportunity to explore the relationship between strength training and athletic performance, as well as other health benefits gained as a result of training. Topics will include: basic principles of strength training, instruction in the use of training equipment (resistance tubes, medicine balls, machines, free weights, etc.), integration of other fitness components (speed and agility) into a strength training program, development of individualized strength programs, and development of sport-specific strength training programs. Students can take this course an unlimited amount of times.

Weight Training (Female Only)- HPE2026-31

This course is designed to give students the opportunity to explore the relationship between strength training and athletic performance, as well as other health benefits gained as a result of training. Topics will include: basic principles of strength training, instruction in the use of training equipment (resistance tubes, medicine balls, machines, free weights, etc.), integration of other fitness components (speed and agility) into a strength training program, development of individualized strength programs, and development of sport-specific strength training programs. Students can take this course an unlimited amount of times.

Yoga- HPE2028

The increasing demands of teenage life require effective skills to deal with a multitude of physical, mental, social and emotional issues, such as fatigue, stress, being over committed, and maintaining a healthy weight. Yoga is designed to unite the physical, mental, social and emotional aspects of an individual through conscious breathing and movements to effectively deal with the daily demands of life. An individual capable of dealing with life's demands also maintains a high level of wellness. In this course, students will learn basic yoga poses, relaxation techniques, meditation techniques, principles of effective communication, anatomy, and self-reflection. Students can take this course an unlimited amount of times.

Honors Health Education A (HPE2042A) provides students with the instruction on knowledge and skills necessary to help them make healthful decisions-both now and in the future. Through the implementation of an effective, standards-based health education instructional program, students develop and practice life skills to enhance academic success, and positive behaviors that will equip them to meet the challenges and demands of their lives. The Health promotion and disease prevention concepts presented in this course: Mental and Emotional Health; Substance Abuse Prevention; Safety and Violence Prevention; Family Life and Human Sexuality; Disease Prevention and Control; and Healthy Eating. Health Education aligns with Be Well 365 by emphasizing lifelong positive health-related attitudes and behaviors that promote self-reliance and self-regulation for all students.

Honors Health Education B (HPE2042B) builds on the *prerequisite course Honors Health Education A*. In this course, students engage further with health promotion concepts. The goal of this course is to engage more through health literacy skill development to promote and support health-enhancing behaviors. The health literacy skills include analyzing influences of family, peers, culture, media, technology, and other factors on health behaviors; accessing valid information; using interpersonal communication skills; demonstrating ability to use decision-making and goal setting skills; practicing health-enhancing behaviors and avoid or reduce health risks; and advocating for personal, family, and community health. Health Education aligns with Be Well 365 by emphasizing lifelong positive health-related attitudes and behaviors that promote self-reliance and self-regulation for all students.