



UNIVERSITY HIGH SCHOOL

Physical Education, Health & Wellness

The development of physical skills and the understanding of concepts related to health and fitness enhancement can provide students with a foundation for a lifetime of healthful behaviors and pursuits. The Physical Education Health and Wellness Program has been designed to meet this end. We aim to provide a variety of physical, social emotional, and wellness lessons that promote the overall development and well-being of the student.

Three full years of physical education are required for graduation.

The ninth, tenth, and eleventh grade physical education curriculum is designed to introduce health and wellness concepts that will positively impact the physical and emotional well-being of the students. The goal of the program is to give students the tools necessary to make healthy choices now and throughout their lives. Each grade will have specific goals and topics throughout the year that will progress in a logical way. Students will have the opportunity to take part in a multi-faceted program that is sure to both challenge and provide enjoyment.

Extenuating Circumstances

Medical documentation identifying a health-related need for a Physical Education restriction must be shared with the high school nurse and the PEHW department chair, and kept on file. All medical excuses automatically terminate in June of the school year and must be renewed in the fall.

To obtain a medical excuse from a Physical Education class, a note from a physician must first be presented to the high school nurse. Information will then be shared with the PEHW department chair.

Courses in Physical Education

- Physical Education I (Gr. 9)
- Physical Education II(Gr. 10)
- Physical Education III (Gr. 11)

Sample Activity Courses

- Aqua Fitness • Adventure Education • Badminton • Basketball • CPR
- CPR for Lifeguarding • Fencing • Field Sports
- Fitness Center • Floor Hockey
- General Swim • Golf
- Gymnastics • Health and Wellness 9 • Health and Wellness 10 • Team Sports
- Instructional Swim • Lifeguarding • Self Defense
- Soccer /Hockey • Social Dance • Softball
- Speed/Agility/Games
- Stress Redux • Swimming
- Tap Dance • Team Handball
- Team Sports • Tennis
- Touch Football • Ultimate Frisbee/Games • Volleyball/ Eclipse ball • Water Polo
- Yoga/Pilates/Zumba