



Wellness I

(2.50 credits; 9th grade)

Students alternate between health education in the classroom and physical activities in the gymnasium facilities. Specific physical activities will alternate on a two-year cycle.

The health skills focus in this course will include the following:

- Nutrition (Web-based analysis of personal nutrition and accessing valid information)
- Alcohol (Health risks, binge drinking and thoughtful decision-making)
- Tobacco and Marijuana (Health risks, peer influence and refusal skills),
- Healthy Relationships and Sexuality (STI risk-prevention and dating violence)
- Bullying (Awareness and “cyber-bullying”)

The physical activity units in this course include the following:

- Personal fitness (introduction to resistance training)
- Cardiovascular (fitness and flexibility)
- Team games
- Net games
- Cooperative challenges
- Group fitness