

What are your health and fitness goals for this semester

- Improve muscular strength and endurance
- Increase Straight away speed
 - Improve acceleration
 - Increase Vertical Jump

What are your Sport Skill Development Goals

- -Improve a specific area of skills for a particular sport or active activity
- - Example - Become for accurate with my overhand serve in volleyball

**What makes you uncomfortable during P.E. OR
Health?**

Previous Syllabus

PHYSICAL EDUCATION

PHYSICAL EDUCATION (Required for Graduation) #360050

Physical Education is a required course for all students at Clarenceville High School. These classes are co-educational and are required for graduation. Physical Education is a physical skill subject that introduces students to physical fitness. Emphasis is placed on physical fitness



striving to improve ones' muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Throughout the course the student develops basic physical skills and knowledge that will ensure the student the opportunity to develop his/her own potential. The student learns importance of daily physical activity and a healthy attitude towards self-discipline. The student will be required to participate in fitness activity testing. Proper clothing is expected during participation in all activities.

ADVANCED PHYSICAL EDUCATION #365052

Advanced Physical Education is an elective course. The course is designed for the highly skilled physical education student who is athletically inclined. The refinement of sport specific skills is the course goal. A daily routine will consist of a proper warm-up, sport skill, competitive games, skill and knowledge tests evaluation and warm down.

Prerequisite: Physical Education (a grade of "B" or better)

A ninth through twelfth grade student may earn a .5 credit in physical education for participating and meeting the requirements of an MHSAA endorsed, district sponsored sport or Clarenceville High School marching band. The student must complete two full seasons of the sport or marching band. The student must be a member in good standing on the team as determined by the coach/director .

Physical Education Mission Statement

The mission of the Physical Education department is to ensure that students understand all the components to living a healthy lifestyle through fitness, sports, and an all-around lifestyle for a successful long life.



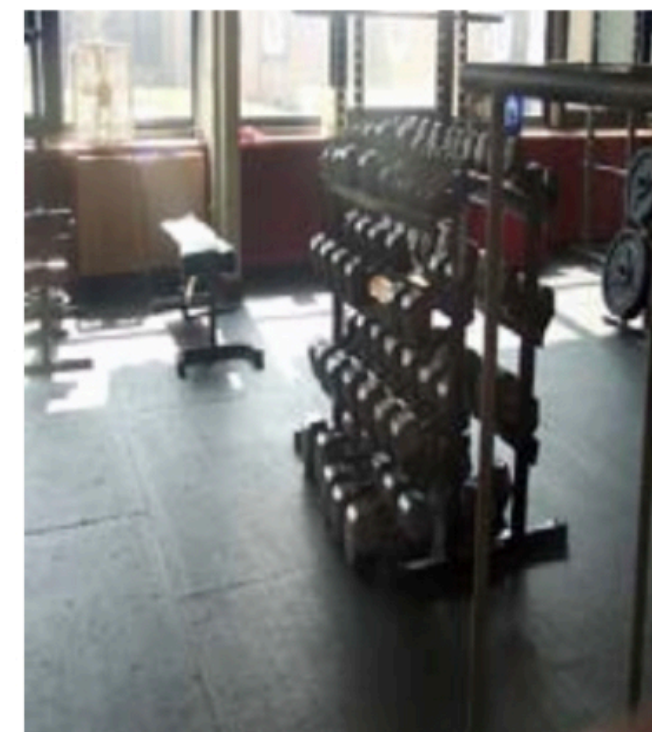
Ryan Irish

B. S. Albion College
M.S. Aquinas College

Welcome to Clarenceville High School's Physical Education Department. The Physical Education Department offers activities for those students that are enrolled in Physical Education classes at Clarenceville High School. These classes place an emphasis on physical fitness, body awareness and cardiovascular endurance, which are lifelong activities. Less emphasis is placed on skill and knowledge acquisition of the various team and individual activities in which the student will be involved.

PHYSICAL EDUCATION

ATHLETIC CONDITIONING #360053



This class will provide an intensive learning environment for all students interested in improving their overall fitness level We will specifically target student's flexibility, agility, speed, strength, endurance, and proper nutrition. It is stressed that the objectives taught in this course

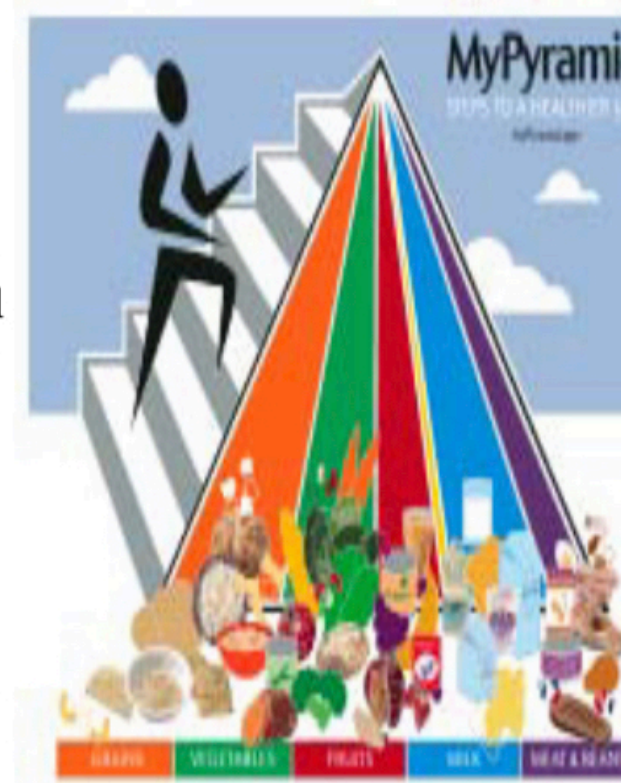
are skills that each student will be able to apply throughout their lives, allowing them to stay fit and healthy in an ever-increasing sedentary society.

Prerequisite: Physical Education (a grade of "B" or better), instructor consent and approval prior to enrollment.

HEALTH (Required for Graduation) #360054

Health is a required course. It is designed to provide students with knowledge and skills

covering a wide variety of health related topics. Areas to be studied will include: mental and emotional health, personal health, nutrition, disease prevention and control, substance use and abuse (alcohol, drugs, tobacco) and human sexuality education. Birth control and physical development sections of sexuality education are optional at the parent's discretion.



INDEPENDENT STUDY

Independent coursework may be taken for elective credit at the discretion of the teacher.



James Czarnik

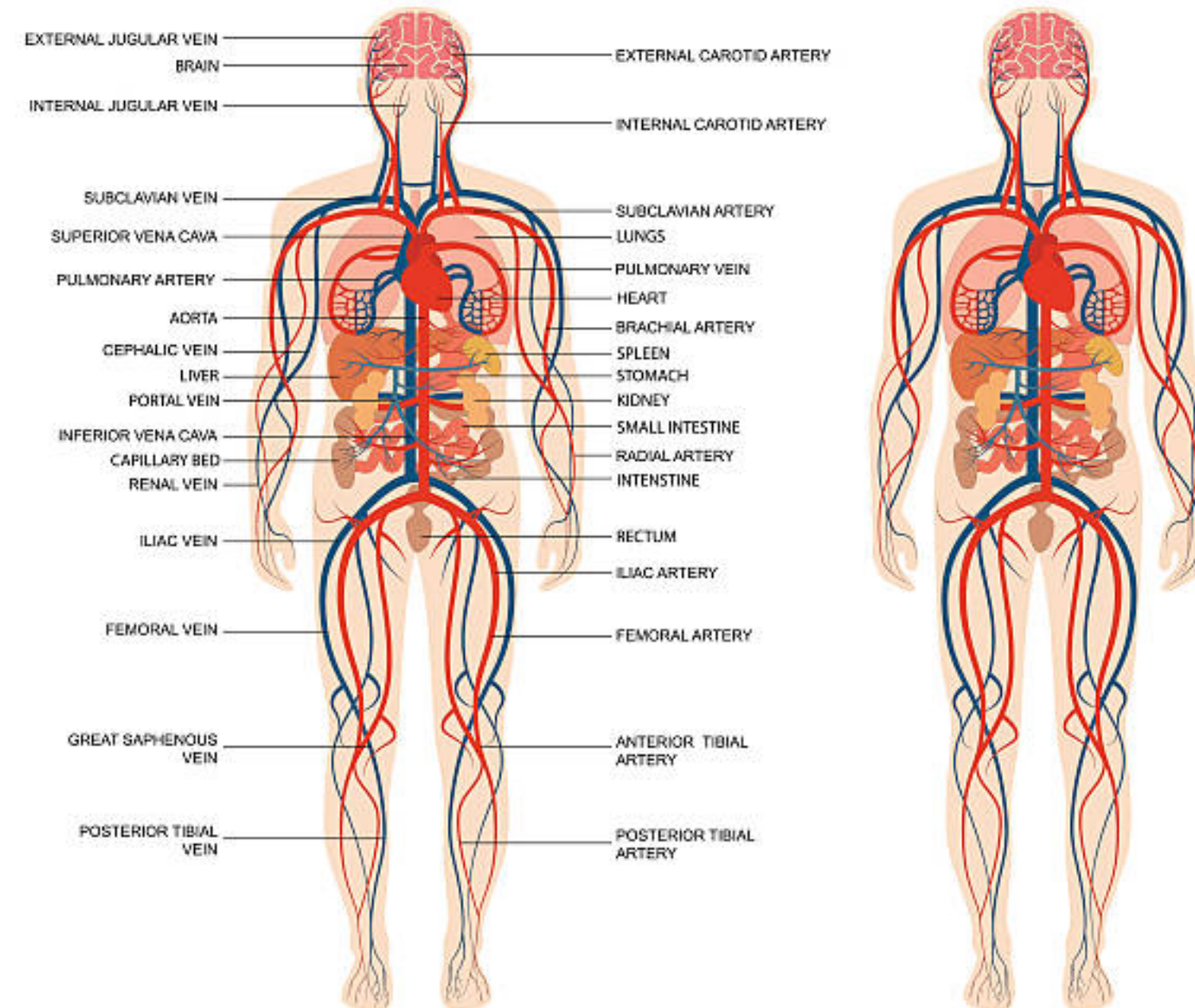
once a student has successfully completed the requirements for Physical Education, they will have the opportunity to enroll in Advanced Physical Education or Athletic Conditioning. Athletic Conditioning is designed for those students who are serious about improving their cardiovascular endurance and muscular strength. Other areas this class will address will be agility, coordination, speed, and power. Advanced Physical Education is designed for the serious sport fanatic. Knowledge of rules, skills and strategy will be emphasized through participation in various team sports. Some activities to be covered will be: basketball, soccer, softball, volleyball and handball. The importance of physical activities will be emphasized as they contribute to health and a good quality of life.

Do you have any health problems that I need to know about?

**How can I (Mr. Mair) help motivate you to achieve
or develop some fitness goals ?**

What do you know about the Cardiovascular System?

CIRCULATORY SYSTEM



Heart Anatomy

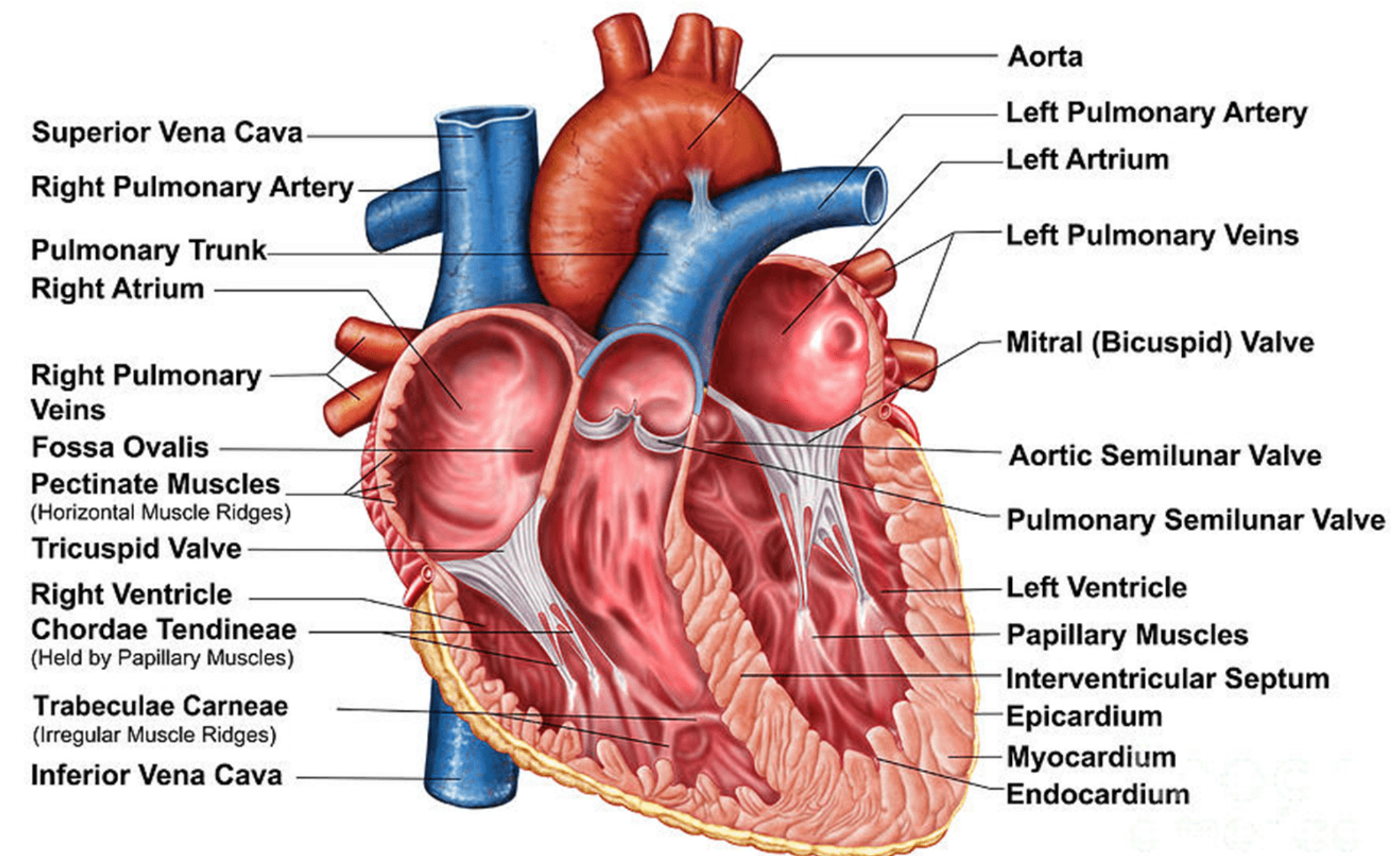
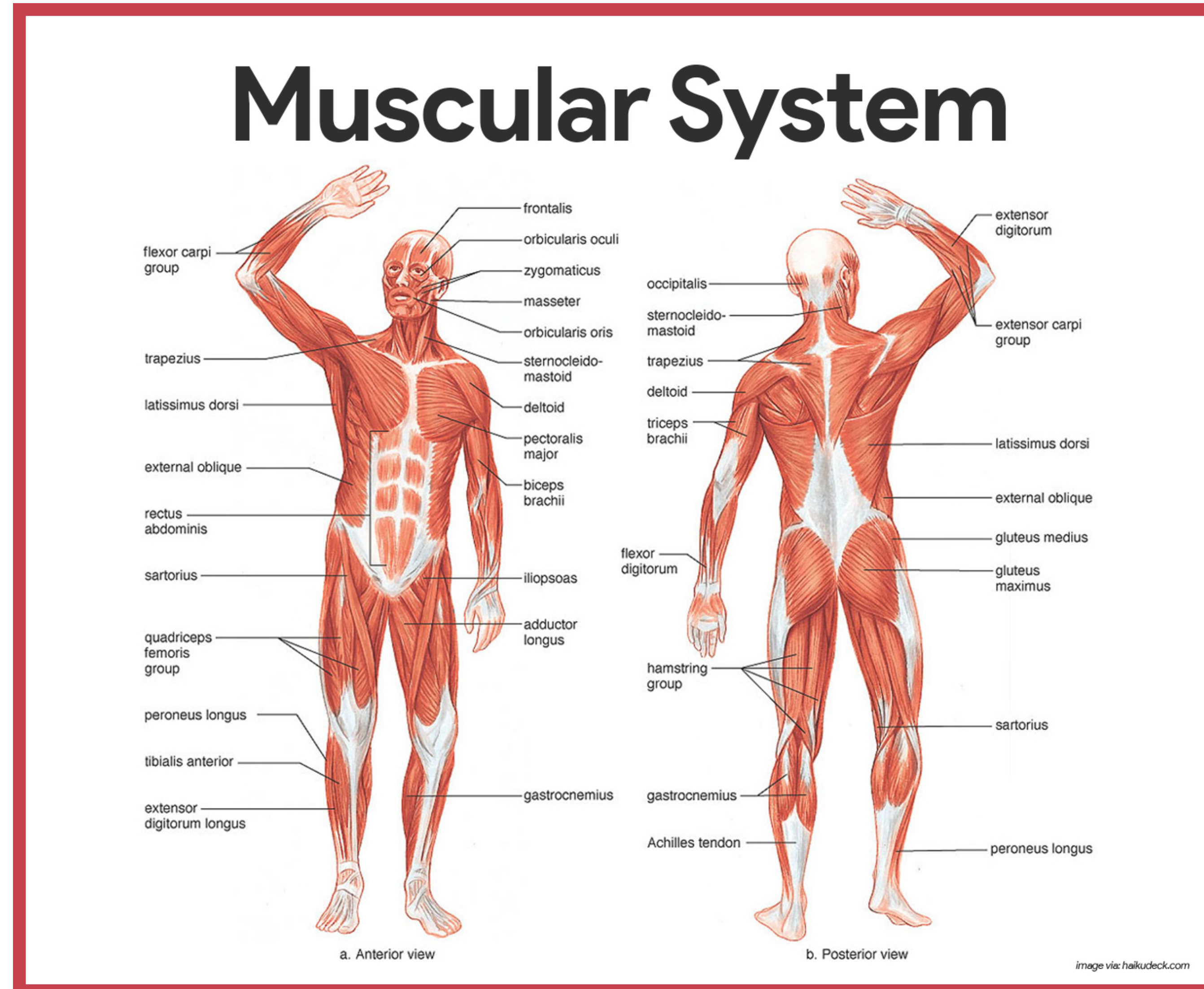
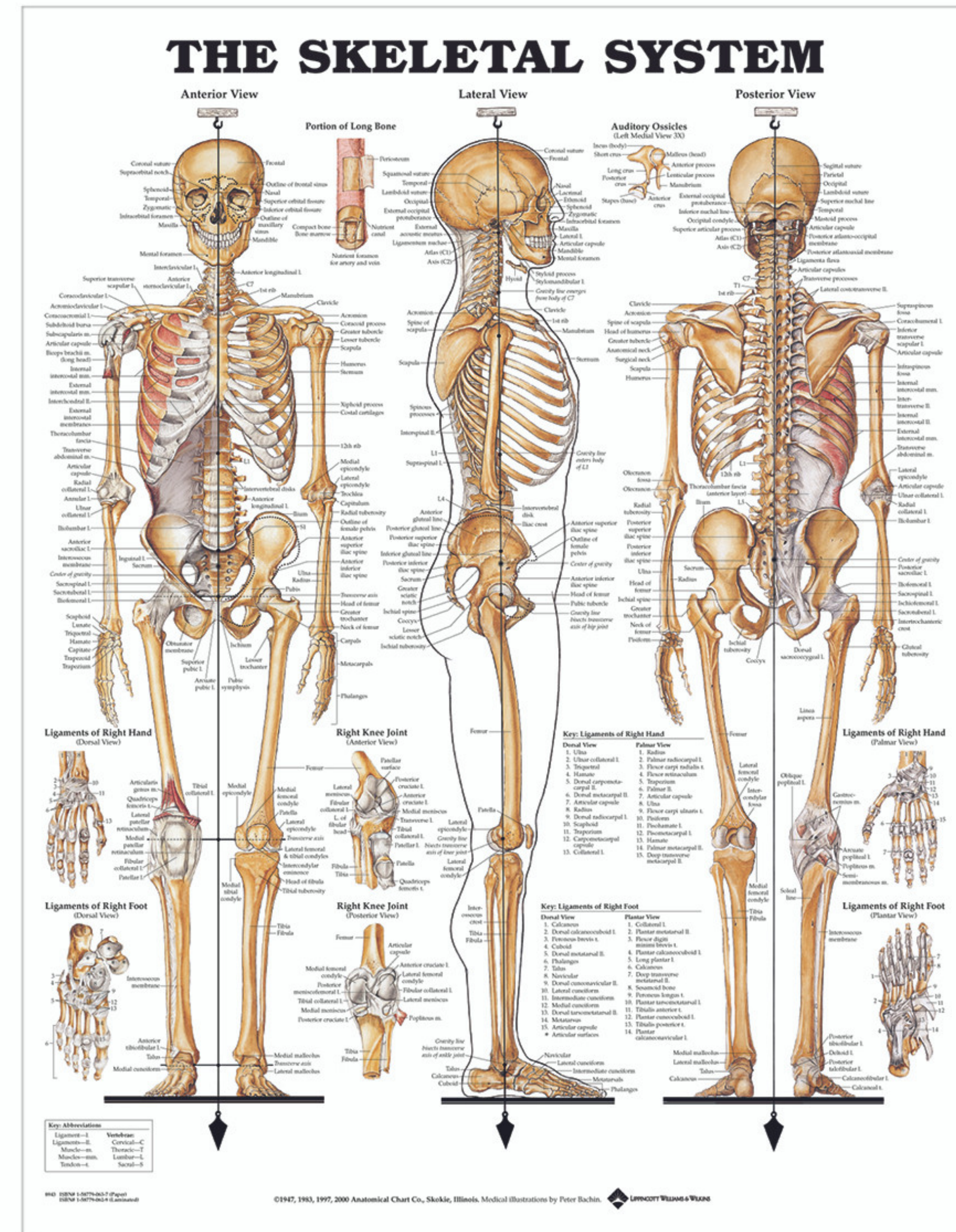
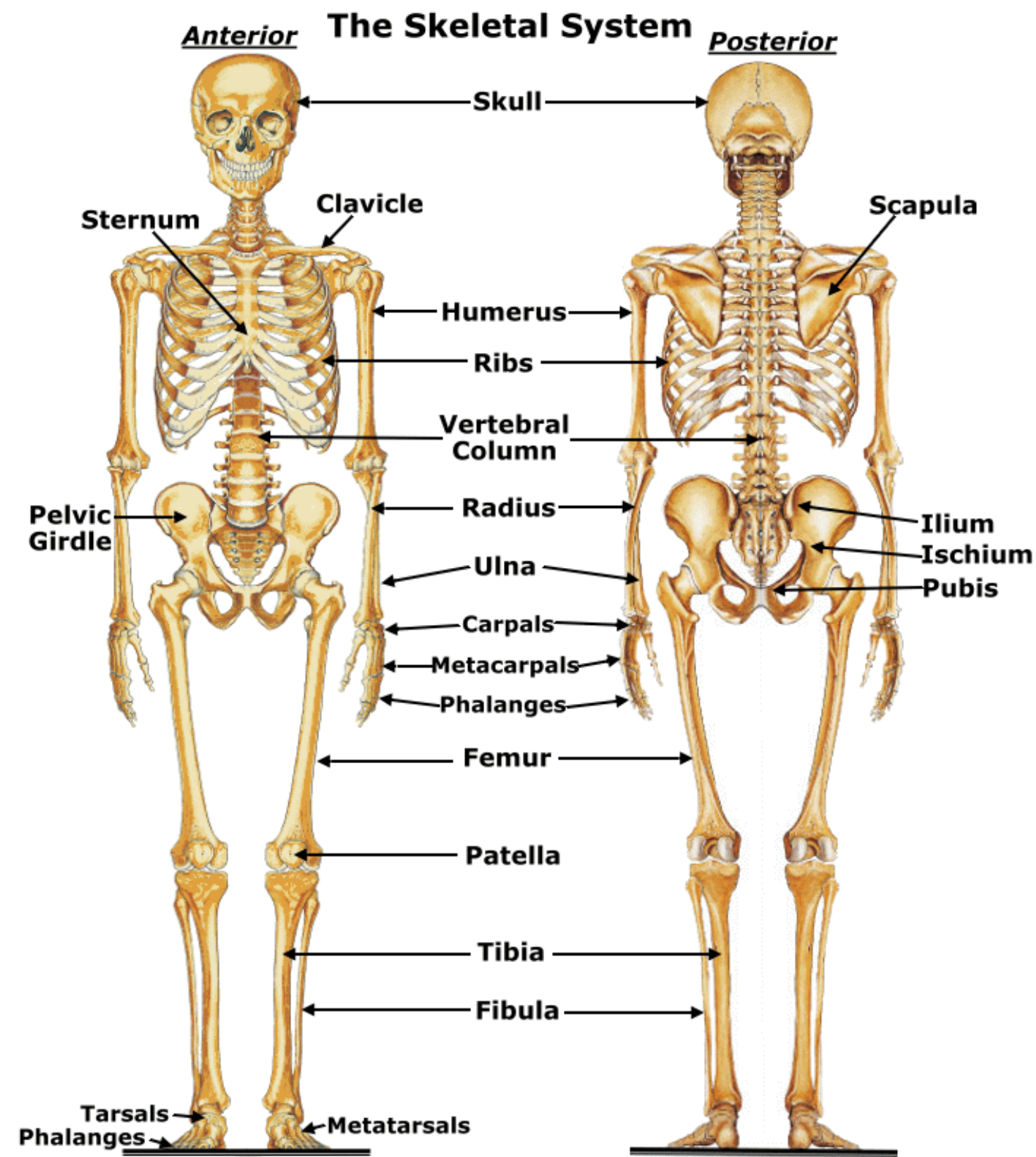


image via: wikipedia.com

What do you know about the Muscular System?

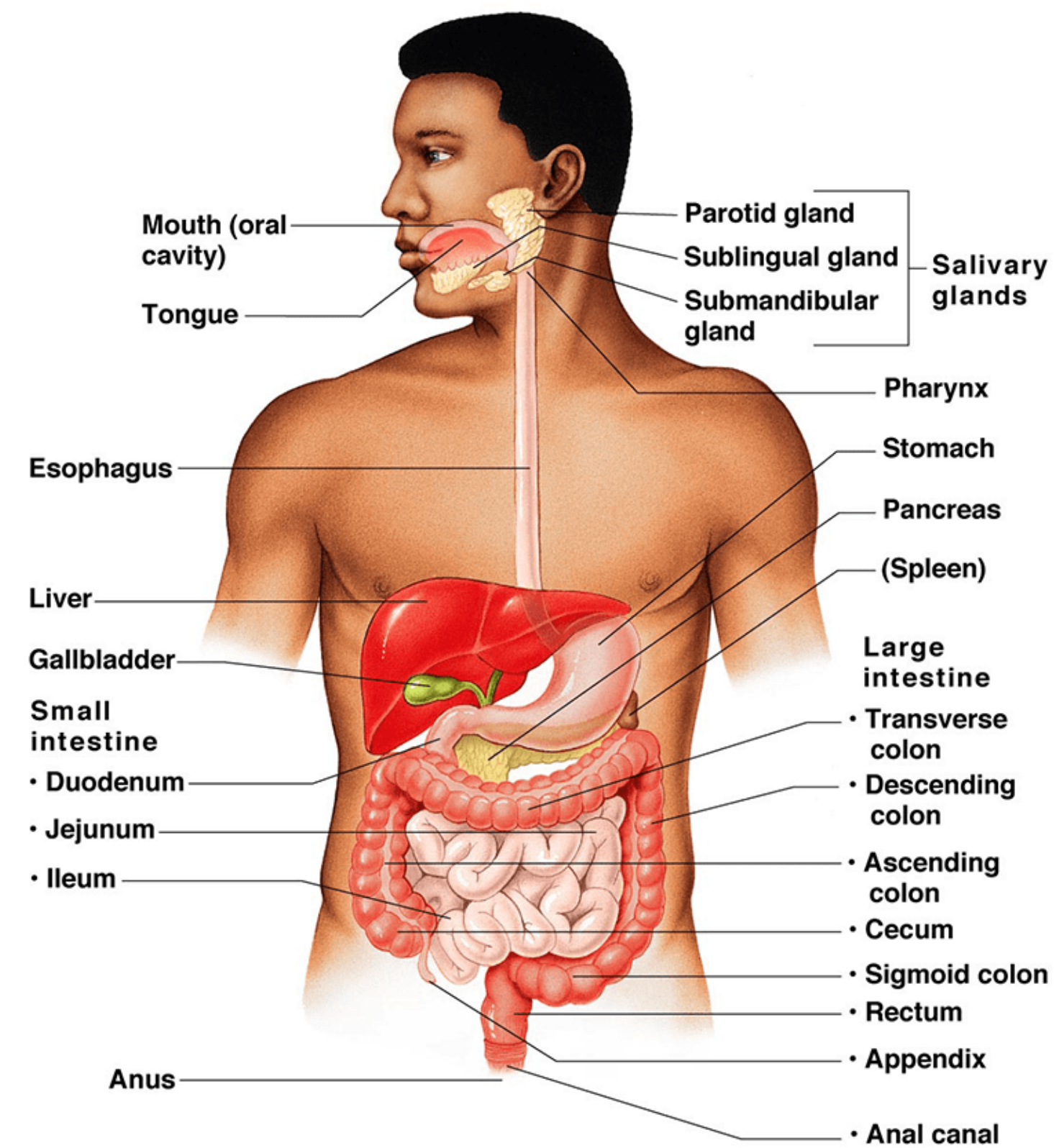


What do you know about the Skeletal System?



What do you know about the Digestive System?

Digestive System



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[www.michiganmodelforhealth.org/
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