



**I. Course Description**    *Required for graduation for class of 2011 and beyond*

#### **IV. Classroom Policies**

- **Have respect for everyone and all school property** ó Explanation should not be needed.
- **Be on time** Tardies are defined as crossing the threshold of the classroom either before the bell rings, or before the teacher enters the classroom whichever comes first. On gym days, tardies are defined as being in your designated space of the Auxiliary Gym 30 second after the late bell rings. Tardies will result in cell phon

## VII. Course Outline

### **Semester 1: FITNESS FOR LIFE**

- Unit 1 Building a Fitness Foundation for Life
- Unit 2 Becoming and Staying Physically Active
- Unit 3 Moderate and Vigorous Physical Activity

**Mid-Term Exam: Unit 1-6**

Unit 4 Muscle Fitness & Flexibility

Unit 5 Healthy Choices

Unit 6 Moving Through Life

### **Semester 2: HEALTH FOR LIFE**

- Unit 7 Understanding Health & Wellness for Life
- Unit 8 Preventing Disease & Seeking Care

Unit 10 Building Relations & Lifelong Health

Unit 11 Avoiding Destructive Habits