

Brookfield High School

PE course scope/sequence

Grade Level	Course
9	PE 9
10	Fit for Life Sports and Leadership Adventure Education Unified Physical Education
11-12	Physical Education for the Future Personal Fitness Lifetime and Leisure Activities Unified Physical Education

9th grade (required)

PE 9	Fall or Spring semester	0.5 Credit
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10th grade (required)

10th grade elective	Fall or Spring semester	0.5 Credit
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11th/12t grade (elective)

PE for the Future	Fall or Spring semester	0.5 Credit
Lifetime and Leisure	Fall	0.5 Credit
Personal Fitness	Spring	0.5 Credit

Physical Education 9 Fall/Spring 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. Fitness concepts like heart-rate, muscular strength and endurance, personal fitness planning are a focus, as well as communication and problem solving skills. These themes are presented, practiced and assessed through a variety of movement activities including cooperative games, team sports like volleyball and soccer, and lifelong activities like badminton and tennis. Assessments include group presentations and fitness testing.

Fit For Life (10) Fall/Spring 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. The course focuses on Life-Long Sports and Activities, Aerobic Fitness, Wellness and Stress Management. While outside, classes will explore Golf, Tennis, Frisbee and Hiking. Indoor Aerobic Fitness will include Dance Movements, Zumba and Badminton, as well as Stress Management through Yoga and Pilates. Students will also create and lead Yoga and Mindfulness lessons.

Sports and Leadership (10) Fall/Spring 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. The course focuses on Lifelong Sports like Golf, Tennis, Frisbee and Badminton, and builds and assesses Leadership Skills through Team Sports including Volleyball, Team Handball, Soccer, Floor Hockey and Basketball. Students will create a game to teach to the class, and design practices, dynamic warm-ups, be tournament directors and game officials.

Adventure Education (10) Fall/Spring 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. Students will be actively involved in establishing an environment of acceptance and trust that is conducive to building social, cognitive and physical skills. These skills will be enhanced as the course introduces team building and cooperative group challenges, snow activities, orienteering, hiking, backpacking and camping skills.

Physical Education for the Future (11/12) Fall/Spring 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. The course provides opportunities for students who have an interest in pursuing Physical Education interest in college or future career. Students will learn and practice the skills needed to be successful in this area beyond high school. In addition to honing their skills and understanding of concepts in a variety of sports and activities, students will create and teach Physical Education lessons to their peers, teachers in this building, and students in younger grades in Brookfield. Students will leave with skills that can make them marketable as employees for Parks and Recreation departments, camps, and college majors in Physical Education and Recreation Management.

Lifetime and Leisure Activities (11/12) Fall 0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. The focus of this course is to practice the skills needed to enhance physical and mental health in a non-competitive environment. Yoga, Aerobic Dance, Circuit Training, Fitness Center Activities, Hiking, Golf and Tennis will be explored.

Personal Fitness (11/12) Spring 0.5 Credit

This semester long .5 credit course is aligned with State Standard 12: Physical Fitness and 14: Benefits of Physical Activity. The course focuses on Aerobic Exercise, Resistance Training and Personal Goal setting. While outside, the class will entail using the track for jogging and power-walking, designing circuits and other ways of raising heart-rates to burn calories efficiently. Indoors, this class uses the Weight Room to learn weight-lifting techniques, fitness and core training, as well as the gym for calisthenics and Crossfit

Training. Students will use technology to design Personal Fitness Plans using involving exercise, nutrition, and other healthy lifestyle aspects.

Unified Physical Education

Fall/Spring

0.5 Credit

This semester long course is aligned to the National Standards for Physical Education. The focus of this class is for students to create an inclusive environment for all students to learn and practice physical skills, sports and activities as well as cooperation and collaboration through positive communication.

Health course scope/sequence

Grade Level	Course
9	9th grade Health Education
11	11th grade Health Education

9th grade Health Education

Fall/Spring

0.5 Credit

Students will cover a variety of important topics in this course. The four main units taught in all health classes are Injury Prevention, Nutrition, Substance Abuse, and Human Growth and Development. The topics covered within these units include: Mental and Emotional Health, Anger Management, Stress Management, Meditation, Goal Setting, Depression, Suicide, Healthy Eating, The Food Industry, Obesity in America, Food Labels, Vitamins and Minerals, Autoimmune Diseases, Marijuana, Alcohol, and Tobacco, Steroids, Vaping, Opioids and other recreational drugs. Topics in the Human Growth and Development include Abstinence, Media and Sexuality, Contraception. All of these topics will help students develop skills needed to live a healthy, productive lifestyle. As part of the curriculum, students and parents are expected to attend a mandatory evening drug and alcohol abuse forum held each Fall.

11th Grade Health Education

Fall/Spring

0.5 credit

Students in grade eleven will also cover important health topics in four units of study including injury prevention, nutrition, substance abuse prevention, and human growth and development. The topics covered within these units will have a focus on First Aid and Safety, CPR, Internet Safety, School Violence, Wellness, Environmental Health, Time Management, Nutrition, Eating Disorders, Heart Disease, Type 2 Diabetes, Infections and Parasites, Fitness Topics, Drinking and Driving, Vaping, Opioids, Refusal skills, Addiction, and Recreational drugs. Additionally, Dating and Relationships, STDs, Sexual Assault and Rape are discussed. Many of the above topics are covered and discussed with an emphasis

on applying learned skills and knowledge during college years and beyond.

Health/PE staffing(44 sections)

Class	Semester 1 (sections)	Semester 2 (sections)
Health 9	5	5
Health 11	5	5
PE 9	5	5
PE 10	4	4
Unified	1	1
Advanced PE	1	1
Lifetime and Leisure Activities	1	
Personal Fitness		1
Totals	22	22