

Abbeville High School

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Scott White
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Physical Education Department

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Physical Education 1

Course Description

One unit of physical education is required for a South Carolina Diploma. Personal fitness, wellness and lifetime fitness will be taught throughout the course. The Comprehensive Health Education component will cover reproductive health, pregnancy prevention, sexually transmitted diseases, CPR and AED training. Students' fitness levels will be evaluated using the FitnessGram also include written tests and meeting physical fitness goals.

South Carolina Physical Education Standards

Erin's Law Instructional Units and Resources

Ronald Rouse's Law

Materials Required:

Athletic apparel, tennis shoes, socks, health folder

Textbook: Glencoe Health

Class Schedule:

50% Physical Fitness & 50% Health Education

Course Objectives / Units of Study:

- Students will develop a clear understanding of physical fitness.
 - Unit 1 - Personal Health & Wellness
- Students will be able to explore health and risk factors.
 - Unit 2 - Nutrition and Physical Activity
- Students will analyze the benefits of exercise.
 - Unit 3 - Social and Emotional Health (Including Erin's Law)
- Students will be able to describe health related and skill related components.
 - Unit 4 - Safety

- Students will be able to describe methods of assessing health-related components.
 - Unit 5 - Alcohol, Tobacco, and Other Drugs
- Students will explore goal setting steps.
 - Unit 6 - HIV and other STD Prevention
- Students will explore training principles.
 - Unit 7 - Sexuality Education.
- Students will identify and participate in recreational sports
 - Unit 8 - CPR & AED Training

Grading Policy:

School grading policy will be followed

Quizzes - Every Friday there will be a quiz on what we are learning in Health.

Notes are allowed to be used during these quizzes.

Test - Tests will be given at the end of each unit.

Physical Activity Participation - Daily participation is expected. Students must try the activity in order to get full participation credit.

FitnessGram Test

- Mile run
- Pacer
- Push-ups
- Curl-ups
- Sit and reach
- Trunk lift
- BMI

Student Expectations (In addition to school rules)

- Students are expected to dress appropriately for physical activity participation.
- Students are expected to participate in the planned activities
- Students are expected to have good sportsmanship

Sign below indicating that you have read and understand the syllabus

Student _____ Parent / Guardian _____