

Health and Physical Education 9

Physical education in ninth grade is required for graduation and offers students an elective approach to physical literacy and laying the groundwork for leading an active life. Roughly every two weeks students register for an activity strand (team sports, individual sports, outdoor recreation or exploratory activities). All students are given the Virginia Wellness Related Physical Fitness tests during the year to assist them with determining their personal fitness levels and as a means of measuring personal improvement. Health education instruction takes place on a rotating basis throughout the year and focuses on nutrition education, consumer health, mental health, substance abuse, community health, fitness principles, and AED, CPR and First Aid instruction. In addition, students will receive age-appropriate Family Life Education instruction in this course. Content will be based on state Standards of Learning, and parents/guardians will have the opportunity to opt their children out of instruction.

High School Credits: 1

School Level: High School

Grade: 9

Program: Health and Physical Education