

25th Hour Health and Physical Education

25th Hour Physical Education is an independent course that fulfills the 9th or 10th grade physical education requirement. Students enrolled in this course analyze and record workouts that take place independently before or after school hours. Students have the option to complete individual workouts using heart rate monitors or participate in ACPS approved extracurriculars.

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 to develop a personal fitness plan. Correspondence with the instructor takes place during individual meetings and through Canvas.

For 9th graders only: Class will convene as scheduled during the first quarter to cover the CPR and First Aid portion of the curriculum.

For 10th graders only: Class will convene for one quarter to cover driver education and as scheduled for fitness testing. The Virginia Health Standards of Learning are taught via Canvas during one quarter.

An amendment to § 22.1-205 Driver education programs, House Bill 1782, passed by the General Assembly of Virginia, calls for an additional parent/student driver education component to be included as part of the in-classroom portion of the driver education curriculum. In compliance with the new legislation, ACPS requires a 90-minute parent/student traffic safety presentation, to include a) parental responsibilities regarding juvenile driver behavior, b) juvenile driving restrictions pursuant to the Code of Virginia, and c) the dangers of driving while intoxicated and underage consumption of alcohol.

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.

Student is responsible for fees associated with this course. Fitbits are available for a nominal rental fee.

High School Credits: 1

School Level: High School

Grade: 9, 10

Length: full year

Program: Health and Physical Education