

**Health/PE & DE 10 Unit/Course Outline – Hanover Blended Learning
Summer School 2019 – Atlee High School**

Week	Physical Education	Health Education	Driver Education
#1 6/24 - 6/27	<ol style="list-style-type: none"> Orientation The 5 Components of Fitness Fitness Measurements and Goal Setting Begin Weekly Physical Activity Log Face-to-Face Meetings: <ul style="list-style-type: none"> Mon., June 24: e-Learning Orientation Meeting (Mandatory); 5:30-7:30pm Wed., June 26; 1:30-3:45pm 	<ol style="list-style-type: none"> Physical Activity for Life Planning Your Personal Activity Program 	Module 1 <ul style="list-style-type: none"> Virginia Driver’s License Juvenile and Virginia’s License Laws Signs, Signals, and Pavement Markings Introduction to the Driving Simulator
#2 7/1 - 7/3	<ol style="list-style-type: none"> Fitness Measurements and Goal Setting Intensity for Life Training Principles Weekly Physical Activity Log Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., July 3; 1:30-3:45pm 	<ol style="list-style-type: none"> Being a Literate Consumer Citizenship & Stewardship 	Module 2 <ul style="list-style-type: none"> Understanding the roadways Maintaining your vehicle Approaching a vehicle Locating and operating vehicle controls
#3 7/8 - 7/11	<ol style="list-style-type: none"> Nutrition A Healthy Body Composition Weekly Physical Activity Log Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., July 10; 1:30-3:45pm 	<ol style="list-style-type: none"> Maintaining a Healthy Weight and Eating Disorders Nutrition for Individual Needs 	Module 3 <ul style="list-style-type: none"> Laws of Nature Vision & Driving Vehicle Reference Points and establishing a lane position Basic Maneuvering; steering and braking Module 4 <ul style="list-style-type: none"> Assessing and Managing Risks Components of the Space Management System Using SEEiT Moving the vehicle Turnabouts & Parking
#4 7/15 - 7/18	<ol style="list-style-type: none"> Bones & Muscles Improving Muscular Strength and Endurance Functional Training Weekly Physical Activity Log Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., July 17; 1:30-3:45pm <p>First Semester Ends – July 16</p>	<ol style="list-style-type: none"> Relationship of Alcohol, Tobacco, and Drugs to Chronic Disease Secondhand Smoke Reasons Teens Use and Don’t Use Drugs 	Module 5 <ul style="list-style-type: none"> Intersections Curves, Hills, and Mountains Passing Urban and Rural Roads Expressways Module 6 <ul style="list-style-type: none"> Sharing the Roadway with Pedestrians, Bicyclists, mopeds, motorcycles Large vehicles School Buses Work Zone Safety Recreational vehicles Trains
#5 7/22 - 7/25	<ol style="list-style-type: none"> Circuit Training Cardiorespiratory Endurance for Life Weekly Physical Activity Log Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., July 24; 1:30-3:45pm 	<ol style="list-style-type: none"> Injury Prevention Conflict Resolution Bullying 	Module 7 <ul style="list-style-type: none"> Distracted driving Driver Performance and driver fatigue Aggressive driving and effects of emotions Module 8 <ul style="list-style-type: none"> Alcohol Facts Alcohol: Crashes and the Law Effects of alcohol and other drugs on driving Resisting pressures to use alcohol

#6 7/29 - 8/1	1. Heart Health 2. Flexibility 3. Re-Evaluating your fitness goals 4. Weekly Physical Activity Log 5. Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., July 31; 1:30-3:45pm 	1. Your Digital Footprint	Module 9 <ul style="list-style-type: none"> Visibility and Severe Driving Conditions Occupant protection Highway Safety Design Vehicle design and technology Emergency recovery Report crashes Module 10 <ul style="list-style-type: none"> Vehicle Warning systems Vehicle malfunctions and handling emergencies Handling special vehicles and pulling a trailer
#7 8/5 - 8/7	1. Sleep and Hydration 2. Weekly Physical Activity Log 3. Final Exam & Face-to-Face Meeting: <ul style="list-style-type: none"> Wed., August 7; 1:30-3:45pm 	1. Environment Health, 2. Health Maintenance, and Health Careers 3. Final Exam	Module 11 <ul style="list-style-type: none"> Insuring & Purchasing a Vehicle Trip Planning Conserving natural resources/driving green Final Exam

Please Note:

Students will be allowed to miss only one face-to-face session with the exception of the orientation and exam day. The orientation and exam dates are mandatory and required.

June 25 - July 16: First Semester
July 4: Holiday

July 17 - August 7: Second Semester
August 7: Final Exam

Fitness Activity

Students will be expected to log 60 hours of physical activity during the summer school class. Of the sixty hours, ten will be completed during in-class activities, which leaves students responsible for logging fifty hours of activity outside of class time. Acceptable physical activity hours include exercises that promote cardiovascular fitness, muscular strength and endurance, and flexibility. Please check your activity choices with your instructor.

Students will need to submit their weekly physical activity logs to the teacher at each face-to-face class meeting.

Fitness Components:

- **Cardiovascular Fitness**
Examples include swimming, biking, jogging, sprinting, roller blading, aerobic dance or step, and cardio machines, such as treadmill and elliptical machines.
- **Flexibility**
Examples include yoga and dynamic and static stretching exercises.
- **Muscular Strength and Endurance**
Examples include weight lifting and body exercises, such as push-ups and pull-ups.
- **Other**
Examples include bowling, fencing, canoeing, athletic camps, basketball, and soccer. Ask the teacher for approval for "Other" activities.