

**Health & PE 9 Unit/Course Outline – Hanover Blended Learning  
Summer School 2019 – Atlee High School**

Week	Physical Education	Health Education
<b>#1 6/24 - 6/27</b>	<ol style="list-style-type: none"> <li>1. Orientation</li> <li>2. The 5 Components of Fitness</li> <li>3. Recording your fitness</li> <li>4. Begin Weekly Physical Activity Log</li> <li>5. Face-to-Face Meetings: <ul style="list-style-type: none"> <li>• Monday, June 24: e-learning Orientation Meeting (Mandatory); 5:30-7:30pm</li> <li>• Tuesday, June 25; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Physical Activity for Life</li> <li>2. Consumer Health</li> </ol>
<b>#2 7/1 - 7/3</b>	<ol style="list-style-type: none"> <li>1. Principles of training</li> <li>2. Understanding your training intensity</li> <li>3. Evaluating your personal fitness</li> <li>4. Weekly Physical Activity Log</li> <li>5. Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Tuesday, July 2; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Nutrition</li> <li>2. Healthy Eating</li> </ol>
<b>#3 7/8 - 7/11</b>	<ol style="list-style-type: none"> <li>1. Setting your Personal Fitness Goals</li> <li>2. Designing your own fitness program</li> <li>3. The FITT Principle and applying it to Cardiorespiratory Endurance, Muscular Strength &amp; Endurance, and Flexibility</li> <li>4. Weekly Physical Activity Log</li> <li>5. Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Tuesday, July 9; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Managing Stress</li> <li>2. Tobacco</li> <li>3. Alcohol</li> </ol>
<b>#4 7/15 - 7/18</b>	<ol style="list-style-type: none"> <li>1. The Benefits of physical activity</li> <li>2. Exercising Safely</li> <li>3. How fitness affects body composition</li> <li>4. Weekly Physical Activity Log</li> <li>5. Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Tuesday, July 16; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Medicine and Drugs</li> <li>2. Communicable Diseases</li> </ol>
<b>#5 7/22 - 7/25</b>	<ol style="list-style-type: none"> <li>1. Flexibility</li> <li>2. Cardiovascular Fitness</li> <li>3. Muscular Fitness</li> <li>4. Weekly Physical Activity Log</li> <li>5. Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Tuesday, July 23; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. In class instruction and practice for CPR</li> <li>2. First aid, emergencies, and concussions</li> </ol>
<b>#6 7/29 - 8/1</b>	<ol style="list-style-type: none"> <li>1. Hydration and exercise</li> <li>2. Circuit Training</li> <li>3. Re-Evaluating your fitness goals</li> <li>4. Weekly Physical Activity Log</li> <li>5. Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Tuesday, July 30; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Hydration</li> <li>2. Violence prevention and risky behaviors</li> <li>3. Global health issues and Environmental Health</li> </ol>
<b>#7 8/5 - 8/7</b>	<ol style="list-style-type: none"> <li>1. Sleep and Skill related fitness</li> <li>2. Weekly Physical Activity Log</li> <li>3. <b>Final Exam</b> (Mandatory) &amp; Face-to-Face Meeting: <ul style="list-style-type: none"> <li>• Wednesday, August 7; 1:30-3:30pm</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. Health in the community</li> <li>2. <b>Final Exam</b></li> </ol>

**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.