

PE, Health, & Wellness Classes

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Grade 9 PE & Health

Grade 9 General Physical Education

PE101 - 0.5 Credit - Semester Long - Grade 9

Prerequisite:

- None

This course will include a variety of team, individual, fitness and adventure activities. Students will participate in a variety of activities, concepts and skills throughout the semester. Typical units will include adventure/team building, soccer, volleyball, floor hockey, pickleball, tennis, and fitness activities. Community CPR instruction will be included as a part of this course. Students will be assessed via rubrics, fitness and skill assessments as well as written quizzes.

Grade 9 Health L3

PE102 - 0.5 Credit - Semester Long - Grade 9

Prerequisite:

- None

During Grade 9 Health, students develop the following skills: Accessing Information, Analyzing Influences, Interpersonal Communication, Decision Making, Goal Setting, Self-Management, and Advocacy. Within the framework of these skills, the following content areas will be addressed: wellness, nutrition, substance abuse, disease prevention, first aid, safety, stress management, violence, abuse, and human sexuality. Students will be actively engaged in class discussions and cooperative group projects. This course will help to increase student awareness of current health issues, promote positive decision-making, and aid in the development of healthy, life-long behaviors.

Unified Physical Education

PE103 - 0.5 Credit - Semester Long - Grades 9-12

Prerequisite:

- None

In this course, students will follow the model of Unified Sports, where regular education students and special education students participate together. Students will work together with other students of varied abilities and limitations, taking part in all activities.

Grade 10-12 PE (Adventure)

Students may not take these courses more than once at WHS.

All grade 10-12 courses will include a specific health/wellness unit for a short portion of the course.

Outdoor Endeavors

PE208 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Orienteering, Archery, Geocaching, Sledding, Snowshoeing, Skiing, Shelter Building, Camping Skills, Hiking, Obstacle Challenges

This class will participate in a range of outdoor experiences from Orienteering, archery and camping skills to winter sports and obstacle challenges. There will be elements of fitness included throughout the course. Appropriate clothing will be required for the current season. Throughout this experience students will learn lifetime skills that will help them to enjoy the environment around them and how they can take advantage of the New England beauty first hand. Many of the skills learned in this course will be put to the test in an optional wilderness field trip experience. Students will be graded on their attitude, effort and knowledge of the units.

Low Adventure Initiatives and Games

PE205 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will have a heavy emphasis on completing challenges cooperatively. With a "Challenge by Choice" mantra, this course will challenge your ability to problem solve, while learning about your strengths and weaknesses and supporting others. Students

will be taught how to work together while maintaining a safe environment for all abilities. The initiatives will range from tag games and simple challenges to solving problems both mentally and physically. The course will be a prerequisite for the High Adventure & Rock Climbing course. Students will be assessed via rubrics and on their engagement in the challenges and group discussions. Students will keep a log of their numerous experiences and how they are applicable to life after school.

High Adventure & Rock Climbing

PE216 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- Successful completion of Low Adventure Initiatives and Games

For this course students will have had to complete the Low Adventure Initiatives and Games elective. The course will take team building to a whole different level - literally. Students will learn how to tie knots, belay, put on harnesses, and keep others and yourself safe. Students will take advantage of Westborough's new and improved high ropes course and climbing wall. Students will learn how to trust others and push themselves farther than they thought possible. Part of this course is discovering your limitations and pushing past them while learning lifetimes skills that will give students an avenue for stress relief and enjoyment. Students will be required to demonstrate proficiency in the high ropes skills listed above. Students will also be required to take some leadership in some of the Low adventure courses. Students will be graded using formative and summative assessments.

Grade 10-12 PE (Concepts)

Students may not take these courses more than once at WHS.

All grade 10-12 courses will include a specific health/wellness unit for a short portion of the course.

Peak Performance in Sport and Life

PE209 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will be primarily classroom based with some opportunities for skill application in authentic settings. Students will be exposed to basic concepts of Sport Psychology including attitudes, arousal, anxiety, motivation, confidence, goal setting, relaxation, visualization, self-talk, skill acquisition, flow and peak performance. Outside presenters will bring real life applications to the course. Students will research, practice and implement performance psychology concepts including a final culminating project.

Nutrition, Body Image & Exercise Myths

PE217 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will incorporate a full class exercise in the beginning of every class. Students will be learning about proper nutrition facts, learning positive self body talk, and understanding “fad diets” and popular exercise myths. With social media being a huge influence on students, we will look into the health topics pertaining to exercise and nutrition to identify the facts and fiction of the popular trends popping up on social media today. We will also be practicing advocating healthy eating lifestyle and healthy exercise for students to learn to share with their friends and family.

Current Topics in Health / Advanced Health

PE218 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

In this course students will continue to develop their grasp of the seven national health education skills as they explore contemporary health topics and trends. The focus will be on the issues and challenges today’s young adults face. Through the use of selected current events, personal reflection, group and individual work, students will analyze their personal health choices and risks.

Topics covered will vary based on current events and personal interest but may include areas such as the opioid epidemic, obesity among today’s youth, the impact of social media, mental illness, LGBTQ+ issues, and trends in nutrition. Students in this course will be evaluated based on their personal reflection essays, their contributions to class discussions and their independent guided inquiry project.

Personal Safety and Self Defense

PE219 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will include mental & physical skills for personal safety. Rape Aggression Defense (RAD) course components will be included for females and similar concepts will be taught for males. Internet safety, awareness of surroundings and de-escalation skills will be taught through real world scenarios. Additionally, physical self-defense and martial arts skills will be included in the course. Approximately 1/3 of the course time will be dedicated to physical self defense. We will partner with the Westborough Police Dept. in the delivery of this course.

Strategic Wellness

PE2032 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This quarter length course will be a hybrid of classroom and independent online work, with opportunities for skill application in authentic settings with differentiated pacing. Students will develop the skills and attitudes necessary for personal and professional success in the 21st century effectively using Social Emotional Learning skills. Students will work toward mastery of various competencies including the 4 C's (Critical Thinking, Communication, Collaboration, Creativity) as defined by the Partnership for 21st Century Learning (www.p21.org) and Social Emotional Learning Competencies (Self Awareness, Self Management, Social Awareness, Relationship Skills, Responsible Decision Making). The course will focus on building a student's organization, self-management, decision-making, academic endurance and confidence through assignments with real-life applications. Ultimately, students will: build strength and resiliency within themselves; develop their ability to engage collaboratively and constructively with others; and gain the skills to develop big ideas and carry them out fearlessly.

Wellness Life Skills through DBT

PE220 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

In this course, the concepts of Dialectical Behavioral Therapy (DBT) in schools will be taught. Students will learn and practice the skills of mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. Working with the DBT in schools (non therapeutic) curricula, students will work in groups, as well as independently to improve their skills. This course will be offered in conjunction with the staff of the Center for Student Success.

Grade 10-12 PE (Fitness)

Students may not take these courses more than once at WHS.

All grade 10-12 courses will include a specific health/wellness unit for a short portion of the course.

Introduction to Fitness & Strength

PE204 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

The main focus of this course will be on strength training with conditioning being a secondary focus. While conditioning will be incorporated into workouts, strength exercises will be done first and take precedent. Students will learn about traditional strength and power exercises as well as Olympic lifting. The focus of this class is learning proper technique and safety to complete the aforementioned lifts. All classes are instructor led and workouts are predetermined by the teacher including progressions and regressions during the beginning of this course. After this introductory period, students will be expected to create their own plan and work on it after teacher approval. Students will also learn about heart rate and how it relates to exercise. Grading in this course will be based upon effort, attitude, the ability to know and understand the varying components of strength and conditioning, and creating and maintaining a fitness log. If you're looking to learn about strength and conditioning and or increase your current knowledge base, this course is for you!

Fitness - Group Exercise

PE221 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will offer a combination of group fitness exercises (Zumba, Step Aerobics, Spinning, Resistance bands, TRX, Crossfit, PiYo) that are relevant and popular in many gyms. Students will participate in each group exercise as part of their participation for the class. Students will be required to help teach a group fitness class to the class during the course. Students will work in groups to agree and collaborate exercises for their fitness class performance. Students will also be learning to access valid health information from their local community about fitness programs in their area. Students will be assessed on their daily participation and on their presentations via rubrics.

Foundations of Speed and Agility

PE2031 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

The main focus of this course will be on learning to become faster and quicker. Regardless of your current speed, genetic background or experience in sports, this course is designed to improve your speed and quickness. All students can benefit from this course. The only prerequisites are a positive attitude, a willingness to get outside of your comfort zone, and a willingness to work hard and learn. Students will learn proper warm-ups and cooldowns, how to define speed and agility, the concept of speed reserve, and how certain methods of training can improve one's speed and agility including fully automatic timing of speed and agility. The first few weeks of classes will be instructor led with predetermined workouts and proper progressions based on each student. After this introductory period, students will be expected to work with the teacher to individualize their own plan. Grading in this course will be based upon effort, attitude, the ability to know and understand the varying components of speed and agility, and creating and maintaining a fitness log. If you are looking to become faster or quicker, this class is a perfect match!

Functional Movement Training / American Ninja

Warrior Skills

PE203 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Functional movements are the basis for all movement activities in both sports and life. Push, pull, squat, lunge, hinge, twist and walk are examples of functional movements that can be combined to create proper movements that can be applied in virtually any situation. In this course students will be exposed to functional movement skills, assessed on their strengths and weaknesses and provided opportunities to improve their own functional movements. Additionally, students will actively participate in obstacle courses and other physical challenges where they can combine and apply their functional movement skills. A variety of games and challenges will be presented throughout the semester to challenge the students physically and mentally. Students will be assessed via rubric on their daily participation, as well as their demonstration of improvement in functional skills along with a small research project.

Fitness for Sports Performance I

PE222 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- Successful completion of an Intro to Fitness class

Topics in this course include, but are not limited to, power exercises, speed training, injury prevention, nutrition, mobility, strength exercise review, sports conditioning review, as well as implementation of the above topics. It includes instructor-led athletic performance with the eventual goal of students creating their own plan that is made by the student for all of their workouts for the duration of the course or for Fitness for Sports Performance 2. Grading in this course will be based upon effort, attitude, comprehension of the basics of fitness training, application of ideas and concepts to varying training goals, and creating and maintaining a fitness log. You don't have to be an athlete to take this course! You just have to want to train like one.

Advanced Strength

PE223 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- Successful completion of Introduction to Fitness & Strength

This is an instructor led course with focuses on traditional strength training and Olympic lifting. Students will follow a percentage training schedule for the semester and will periodize their training volume and intensity based on their personal strength levels. Grading in this course will be based upon effort, attitude, comprehension of the more advanced concepts of strength training, application of ideas and concepts to varying training goals, and creating and maintaining a fitness log. If you're looking to get serious about getting strong, this course is for you!

Grade 10-12 PE (Movement)

Students may not take these courses more than once at WHS.

All grade 10-12 courses will include a specific health/wellness unit for a short portion of the course.

Mind, Body & Soul

PE206 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course offers physical activity in combination with mental, emotional and social wellness. Within this course students will be introduced to Yoga, Pilates, Tai Chi and Mindful Meditation. Students will be given the chance to participate in new activities that provide physical benefits along with stress management techniques. Students will be assessed within this class by keeping a daily journal pertaining to their experiences from within the class. Students will discuss within this journal how these activities helped to mediate stress and where in the community could an individual find these types of classes. Our goal is for students to gain some insight into new activities they may have never experienced before while also learning some mindful skills and coping mechanisms.

Yoga - Vinyasa Flow and Restorative

PE228 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Yoga is an ancient practice from India involving physical exercises, mental meditation and breathing techniques to strengthen muscles and relieve stress. This course will consist of two styles of yoga: Vinyasa Flow Yoga and Restorative Yoga. Vinyasa Flow Yoga is a style of yoga that synchronizes our breath with our movement. While moving through a series of poses, you will use your inhaling and exhaling breaths to flow through each pose. Restorative Yoga is a very gentle and relaxing form of yoga. With the use of props and calming poses, this style of yoga will help to restore your physical body and mental state. Students will be assessed on their respectful participation, their knowledge of class specific Yoga content, and an individual or group project researching poses.

Yoga - Power and Yin

PE229 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Yoga is an ancient practice from India involving physical exercises, mental meditation and breathing techniques to strengthen muscles and relieve stress. This course will consist of two styles of yoga: Power Yoga & Yin Yoga. Power Yoga is a fitness based style of yoga consisting of more strength, cardio and endurance training through the yoga movements. Challenging the mind and body, Power Yoga lessons will focus on targeting different muscles and breathing exercises. Yin Yoga is a slow paced style of yoga consisting of holding passive poses, seated or lying down for a longer period of time. Releasing the muscles in these longer held poses benefits the body in a different way than other styles of yoga. Students will be assessed on their respectful participation, their knowledge of class specific Yoga content and reflections from their experiences within the class.

Pilates

PE210 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

In this course students will be learning to use their own body weight and specialized apparatus to strengthen muscles, balance and posture. Students will participate in multiple variations of Pilates workouts that will incorporate aerobic fitness, muscular strength, muscular endurance and flexibility. Pilates, similar to Yoga, can help individuals with inner mental awareness and incorporate deep breathing exercises within our exercise routines. Students will leave this course understanding the basic level of a Pilates routine along with a helpful resource for stress mediation. Students will be assessed on participation, attitude and effort given in class to their own ability, and knowledge of specific Pilates exercises and the 8 principles of Pilates. Students will learn how to increase their ability within a fitness component and practice a version of Pilates that enhances that fitness component.

Dance

PE224 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

A brief introduction to a variety of dances including: Modern, Ballroom, Line, FoxTrot, Square, Hip Hop, Swing, Salsa, Waltz & Zumba will be incorporated into this course. Within these dance introductions students will learn how to track an 8 step count for each style of dance. Students will be reflecting on their experience with each dance type and be asked to choose a specific style of dance to research. Students will be responsible for submitting their research assignment along with their dance reflections at the end of the quarter. All students will participate in a dance style and help create a full class routine of a class selected style of dance. The class routine will be designed by the teacher and students. Students will be assessed on the research of the dance style they chose along with a written 8-step count of the class dance routine.

Grade 10-12 PE (Sports & Games)

Students may not take these courses more than once at WHS.

All grade 10-12 courses will include a specific health/wellness unit for a short portion of the course.

Team Sports and Leadership - Indoor

PE214 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Instruction will be carried out in such a way that each unit is run like a season. There will be a draft behind closed doors at the beginning of the course. Students will have the opportunity to play the role of owner, manager, coach, official, statistician, and other roles associated with running a team. The team will work together to set goals, design practices, and compete as a team for each unit. At the conclusion of each unit, students will give a presentation on the season to reflect on everything that was done. This course will focus on indoor sports such as basketball, team handball, and volleyball among others. Rubrics will be used to assess fulfillment of job responsibilities and applications of appropriate strategy. There will also be assessments of one's ability to think critically about the sport.

Team Sports and Leadership - Outdoor

PE213 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

Instruction will be carried out in such a way that each unit is run like a season. There will be a draft behind closed doors at the beginning of the course. Students will have the opportunity to play the role of owner, manager, coach, official, statistician, and other roles associated with running a team. The team will work together to set goals, design practices, and compete as a team for each unit. At the conclusion of each unit, students will give a presentation on the season to reflect on everything that was done. This course will focus on outdoor sports such as flag football, soccer, and tennis among others. The day to day grade will come from effort and the ability to fulfill one's responsibilities in that given unit. A rubric will be used to assess the team's application

of appropriate strategy. There will also be an assessment of one's ability to think critically about the sport.

Fitness Through Sport: (Territorial / Invasion Games)

PE225 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will combine the fitness demands of athletics and territorial games into a single course. Included in this course will be units that consist of sports, fitness training and territorial/invasion games that supplement the demands of each individual sport. Students will be training as if they were a member on each given unit's sport teams. There will be a lot of high movement game play, but also exercises that support the demands of the support such as the use of agility ladders, sprints, reactionary drills, footwork drills, etc. Territorial and invasion games will be used as they pertain to each sport. Essentially, we will be using games and sport to improve our overall fitness. Units in this course could include, but are not limited to, flag football, basketball, ultimate frisbee. Grading in this class will be based upon effort, application of exercise, recognition and application of differing energy systems as well as the ability to construct a workout based on the exercises learned during the course. If you're looking to learn about many different ways to perform a fun, sports oriented workout, this course is for you.

Cultural and Adapted Sports & Games

PE226 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will explore the way in which cultures outside of the United States engage in Physical Activity. Students will have the opportunity to learn about different cultures and the significance that different games play in their community. The goal of each student should be to understand other cultures a little more deeply, while also having the opportunity to broaden their own horizons to games that are a little less common in the United States. Additionally, students will experience and reflect upon sports adapted to various disabilities. Students will participate blindfolded, without the ability to speak, and will be put in other situations where they must overcome challenges. Units in this

course will depend on facilities and could include, but are not limited to Cricket, Kabaddi, Rugby, Korfball, Bocce, sitting volleyball, goalie ball, and other adapted sports.

Net Sports

PE207 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will provide students with the opportunity to improve their knowledge, skill and understanding through net sports. Activities can include but are not limited to badminton, pickleball, tennis, table tennis, volleyball, sepak takraw (kicking volleyball). Students will work to master the physical skills, techniques, tactics and mental aspects of playing net sports. Themes present among net sports will be focused on and developed. Students will be assessed authentically through game play using rubrics as well as in written form.

Target & Individual Sports

PE211 - 0.25 Credit - Quarter Long - Grades 10-12

Prerequisite:

- None

This course will provide students with the opportunity to improve their knowledge, skill and understanding through individual and target sports. Activities can include but are not limited to archery, golf, frisbee golf, darts, lawn games, juggling, and track and field events. Students will work to master the physical skills, techniques, tactics and mental aspects of participating in individual and target sports. Students will be assessed authentically through their performance using rubrics as well as in written form.