

**HINGHAM HIGH SCHOOL  
CURRICULUM SUMMARY  
PHYSICAL EDUCATION**

**Elective course open to juniors and seniors**

Good physical, social and emotional health is linked with better school performance, cognitive development, attendance rates, higher graduation rates and a general improvement in the life of the student, the family and the community. The guiding principles of the required health and physical education courses are centered in teaching fundamental health concepts, practicing skills and promoting habits that enhance health and fitness. Healthy students help build healthy families, relationships, schools and communities. This course addresses Student Learning Expectations 3, 4, 5, and 6. A physical education component is required in grades 11 and 12.

**DESCRIPTIVE OVERVIEW**

Physical education at the secondary level is designed to meet the individual needs of students through a variety of prescribed and selected activities. Students are introduced to essential skills and knowledge which enable them to experience a broad spectrum of physical activity for present and lifetime use. Students are given an understanding of physiological and health awareness as it relates to their body. These courses were designed with the guidance of the Massachusetts Comprehensive Health Curriculum Frameworks and the National Association for Sport and Physical Education.

**GOALS**

It is our goal to ensure that through both informational settings and experiential classes in physical education we support our students' crucial need to establish patterns of behavior that reflect a respect and understanding of themselves and others. The total development of a student — physically, socially, emotionally, and intellectually— is an important aspect of our physical education program.

**OBJECTIVES**

**Communicate effectively:**

- Participate in small group and classroom discussions pertaining to health topics.
- Practice the use of strategy in game situations.

**Identify, analyze and solve problems:**

- Use various fitness equipment and tools to assess health and fitness parameters.
- Demonstrate use of rules and strategy in game play.

**Demonstrate self-respect and respect for others:**

- Participate with appropriate conduct and sportsmanship.
- Work in cooperative groups to complete classroom goals.

**Work both independently and cooperatively by:**

- Participate as part of a team,

**ACTIVITIES**

Students can elect from following activities:

Floor Hockey	Touch Football	Volleyball (indoor/outdoor)
Pickleball	Badminton	Lacrosse
Ultimate Frisbee	Soccer & Indoor Soccer	Tennis
Basketball	Team Handball	
Softball	Mountain biking	

**INSTRUCTIONAL MODEL**

The method of instruction includes various techniques including demonstrations, lecture, and cooperative group activities. Students are expected to learn through active participation. An environment of personal discovery is promoted to encourage students to begin the process of independently caring for their physical, social and emotional health.

**ASSESSMENT**

Teachers assess student progress through a variety of strategies selected to determine a students' knowledge, skills and growth. These assessments include but are not limited to classroom participation, effort, sportsmanship, and skill demonstration.