



## Health - Course Descriptions

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### Health

*7610 Grade 9*

*½ credit*

The Health course at Lancaster High School is designed to assist students in obtaining accurate information, developing positive attitudes and acceptance of personal responsibility in making wise decisions concerning lifelong health. A variety of topics are explored with a focus on how lifestyle choices impact our quality of life. There are guest speakers for various topics concerning teen wellness. This course is a general overview of Health. New York State requires the successful completion of this course for graduation. How will the choices you make today impact your life tomorrow?

## Physical Education - Course Descriptions

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### Physical Education 9/10

*8539 Grade 9,10*

*½ credit each year*

Students in 9th and 10th grade will receive a core program based on the philosophy that a physically educated student needs the elective experience of a wide variety of activities before their junior year. This means that ALL ninth and tenth graders will receive the exact same activities over a two year period as well as be able to select an experience level for participation (see below). The emphasis of this course will be on developing and improving skills and will be supported by assessments.

**Advanced:** This level is designed for students who want to participate in a variety of team games. These games are designed to provide highly skilled students an opportunity to advance their skills in such games and in addition to the required fitness center and pool units but not limited to, soccer, softball, lacrosse, broomball, volleyball, basketball, wall ball, team handball, ultimate games, rugby, flag football. (Activities may vary based on facilities)

**Intermediate:** This level is designed for students who want to participate in a variety of team games. These games are designed to enhance skill level in a less competitive environment in such activities and in addition to the required fitness center and pool units but not limited to, softball, lacrosse, floor hockey, volleyball, basketball, team handball, ultimate games, flag football, pickleball. (Activities may vary based on facilities)

**Beginner:** This level is designed for students who want to participate in a variety of activities that are not competitive in nature and focus more on skill-based development. These activities are designed to provide the student with the experience of participating in a group setting for the enjoyment of physical activity. These activities are small sided games and lead up type games in addition to the required fitness center and pool units. (Activities may vary based on facilities)



## Physical Education 11/12

The Lancaster Physical Education Department has partnered with SUNY Erie and offers college courses at our school through the Advanced Studies Program. Students may be eligible to earn college credit for their physical education curriculum taken during the school day, as part of their physical education curriculum, during Grade 11 and/or Grade 12. In order to receive SUNY Erie credit, students must register and pay tuition for the courses.

▶ SUNY ERIE credits that may be available for this course

- PE202 – Physical Fitness I (1 credit hour)
- PE203 – Physical Fitness II (1 credit hour)



★ **All grade 11, 12 students, including those that choose to register for SUNY: ERIE course credit (PE202, PE203) take the course as outlined below. Registration is done on-line through [www.ecc.edu](http://www.ecc.edu).**

### 8540 Grades 11,12

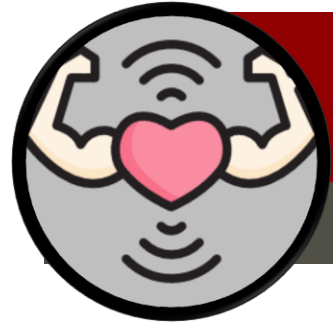
*½ credit each year*

Students in grades 11 and 12 will receive a program that is elective based, with each class having a particular theme. The emphasis of this course will be on demonstrating competency and proficiency in performance and cognitive assessments. Students will be asked to choose a theme (see below) and also have a required fitness center and pool unit.

**Team Sports:** This level is designed for students who want to participate in a variety of team games. These games are designed to provide highly skilled students an opportunity to advance their skills in such games and in addition to the required fitness center and pool units, but not limited to, soccer, softball, lacrosse, volleyball, basketball, broom ball, team handball, ultimate games, rugby, flag football. This level is geared toward learning the rules of the game for possible officiating duties. *(Activities may vary based on facilities)*

**Recreational:** This level is designed for students who want to participate in a variety of team games for the enjoyment of the activity. These games are designed to enhance skill level in a less competitive environment in such activities and in addition to the required fitness center and pool units but not limited to, softball, lacrosse, floor hockey, volleyball, basketball, team handball, ultimate games, flag football, badminton. *(Activities may vary based on facilities)*

**Lifetime:** This level is designed for students who want to participate in a variety of activities that are not competitive in nature and focus more on lifelong fitness activities. These activities are designed to provide the student with the experience of participating in a group setting for the enjoyment of physical activity. These activities are but not limited to, yoga, table tennis, cardio kickboxing, dance, Kin Ball, pickleball, snowshoeing, KanJam and frisbee golf. *(Activities may vary based on facilities)*



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## Lifeguard Training

*8550 Grades 10\*,11,12*

*½ credit*

★ Recommendation: American Red Cross requires students to be age 15+ at start of course and must demonstrate an above average proficiency in swimming. Students must swim a minimum of 300 yards continuously, then swim an additional 25 yards holding a 10 pound weight (brick) without stopping and also have the ability to tread water for 2 minutes, no arms.

⊗ Required: Grade 10 students must receive instructor permission

▶ SUNY ERIE credit may be available for this course

The purpose of this class is to teach students the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare students to recognize and respond quickly and effectively to emergencies. Upon successful completion of all course requirements, students will earn American Red Cross certification for Lifeguarding for the Professional Rescuer (includes CPR/AED/First Aid).



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## Principles of Success

*8545 Grades 11,12*

*½ credit*

This course is designed to teach you how to build healthy habits and meaningful routines so that you can effectively budget your time, energy and money. You will learn how to be aware of your thoughts, emotions & behaviors so that you can make decisions that are the most beneficial for your overall health and wellbeing. We will explore the benefits of communication, setting boundaries, and taking reasoned action toward achieving a goal. This class will teach you stress & emotion management techniques like coping strategies, mediation, journaling and other life-long skills.