

**Southern Regional High School**  
Manahawkin, New Jersey  
**Course Syllabus**

**Department:** Health and Physical Education

**Course:** Grade 9

Physical Education: 2 Marking Periods

Topics/Units to be covered:

- Classroom Expectations/Grading
- Motor Skill Development- Team Activity- Activities may include: Lacrosse, Volleyball, Pickleball, Indoor Games, Frisbee, Dance, Team Handball, Track and Field, Football, Soccer
  - Movement Skills
  - Rules, Sportsmanship, Safety
  - History/Cultural Influences
  - Strategy
  - Center of Gravity
  - Principles of Stability
- Fitness Content- Training Principles and Methods
  - Principles of Exercise
  - Fit Formula
  - Training Methods
- Fitness Activity- Activities may include: Weight Training, Conditioning, Aerobics, Agilities
- Quarterly

Integrated Skills (Southern Exposure Ropes Course): 1 Marking Period

Topics/Units to be covered:

- Classroom Expectations/Grading
- Communication and Listening Skills
- Problem Solving
- Working Collaboratively in Groups
- Developing Trust
- Thinking Skills
- Setting Goals
- Accepting Challenges
- Quarterly

Health: 1 Marking Period

Topics/Units to be covered:

- Classroom Expectations/Grading
- Human Sexuality
- Family Planning and Abstinence
- Decision Making
- Dating and Dating Violence
- Signs of Suicide and Depression
- Quarterly