

**Health & PE 9 Unit/Course Outline --- Hanover Blended Learning  
Summer School 2020 --- Patrick Henry High School**

| <b>Week</b>                           | <b>Physical Education</b>   | <b>Health Education</b>  |
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| <b>#1</b><br><br><b>6/22-6/25</b>     | <ol style="list-style-type: none"> <li>1. Orientation</li> <li>2. The five components of fitness</li> <li>3. Recording your fitness</li> <li>4. Begin weekly physical activity log</li> <li>5. Face-to-face meeting: <ul style="list-style-type: none"> <li>• Mon., June 22: e-Learning orientation meeting (Mandatory); 5:30-7:30pm</li> <li>• Tuesday., June 23; 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</b><br><br><b>6/29-7/2</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, June 30; 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</b><br><br><b>7/6- 7/9</b>      | <ol style="list-style-type: none"> <li>1. Setting your personal fitness goals</li> <li>2. Designing your own personal 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 6; 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</b><br><br><b>7/13 --7/16</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 14; 1:30-3:30pm</li> </ul> </li> </ol> <p><b>First semester ends – July 14</b></p>   | <p>Medicine and drugs</p> <p>Communicable diseases</p>   |
| <b>#5</b><br><br><b>7/19 --- 7/23</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 21; 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</b><br><br><b>7/27- 7/30</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 28; 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> |

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| <b>#7</b><br><br><b>8/3- 8/5</b> | 1. Sleep and skill-related fitness<br>2. Weekly physical activity log<br>3. <b>Final exam</b> & face-to face meeting: <ul style="list-style-type: none"> <li>Wednesday, August 5; 1:30-3:30pm</li> </ul> | 1. Health in the community<br><b>2. Final exam</b> |
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**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 23-July 14: First Semester

July 15- August 5: Second Semester

July 2: Holiday

August 5: 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 maintain and/or improve cardiorespiratory endurance, 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:**

- **Cardiorespiratory Endurance** —Examples include swimming, cycling, jogging, sprinting, rollerblading, aerobic dance or step and cardio machines, such as a treadmill or elliptical machine.
- **Flexibility** ----- Examples include yoga, Pilates, and dynamic and static stretching exercises
- **Muscular Strength and Endurance** — Examples include weight lifting and body weight exercises, such as push-ups and pull-ups.
- **Other** ----- Examples include bowling, fencing, canoeing, athletic camps, basketball, and soccer. Ask the instructor for approval for “Other” activities.