



Southmoreland School District Health and Physical Education Curriculum Overview

Health and Physical Education Overview:

Module Titles:

Physical Education

Module 1: Net Games

Module 2: Territory Games

Health Education

Module 3: Physical Activity and Nutrition

Module 4: Mental and Emotional Health

Module Overviews:

Module 1: Net Games: Tennis, Volleyball, Badminton, Pickleball and Table Tennis

Students will become familiar with and display knowledge of the rules and safety procedures by actively participating in game play. Students will demonstrate the sport specific skills and strategies necessary for each.

Students will demonstrate teamwork during game play, whether it's full team or doubles.

Module 2: Territory Games: Flickerball, Soccer, Basketball, Frisbee, Speedball, Hockey and Lacrosse

Students become familiar with and display knowledge of the rules and safety procedures by actively participating in game play, and demonstrate the sport specific skills and strategies necessary for each.

Module 3: Physical Activity and Nutrition

Students develop an understanding of the importance of health literacy for achieving and maintaining good health, how to compare messages on health are delivered through media and technology, and how to promote personal health to reduce risks. Students will be able to demonstrate communication skills to build and maintain healthy relationships. Students assess how regular physical activity aids in disease prevention, and are able to demonstrate understanding of how to make improvements in each of the five areas of health-related fitness.



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Module 4: Mental and Emotional Health

Students identify the characteristics of good mental and emotional health, and the correlation on how self-esteem and a positive outlook benefit mental/emotional health. Strategies for communicating emotions and needs in a healthful way are developed, as well as analysis of the causes and effects of stress. An understanding and analysis of the types of mental disorders that affect our society are established