

Department: Physical Education
Course Name: Upper School Physical Education

Course Description:

Physical Education at Hampton Roads Academy aims to promote a healthy lifestyle for students and therefore advocates activities that are enjoyable and that also contribute to healthy living. The goal of this semester-long course is to help students understand the value of physical activity and to adopt a creative, growth-oriented mindset. Students will participate in a variety of activities to include sport skills, games, fitness and mindfulness oriented exercises, personal growth activities/projects, cross-brain activities (Bilateral Integration Gym) and more. Due to COVID, all persons entering and occupying the gym and fitness center will be fully masked unless exercising vigorously.

Content:

Adaptations to cardiovascular training
Adaptations to strength training
Cross-brain activities (Bilateral Integration Gym)
Growth mindset activities
Games and sport skill enhancement
Yoga and other mindfulness and flexibility enhancing activities

Skills:

Demonstrate heart rate training zone calculation
Demonstrate skillful weight training techniques
Demonstrate improvement in certain and selected cross-brain movements and/or skills
Demonstrate increased enjoyment of an individually selected new personal growth activity
Demonstrate increased enjoyment of at least one game or sport skill
Demonstrate honest effort during and possibly enjoyment from flexibility and mindfulness activities

Text and Materials:

Athletic clothing and tennis shoes are required to participate
Mask

Methods of Instruction:

Individual, partner, and group activities
Teacher directed instruction

Methods of Evaluation:

Teacher observation