

PHYSICAL EDUCATION AND WELLNESS



MISSION STATEMENT

Newton North High School is committed to a quality Physical Education/ Health/Wellness program for every student. The PEHW department incorporates a multi-dimensional approach to well-being that promotes individual responsibility. We emphasize an active process of becoming aware of and making choices towards a healthier, more fulfilling life by giving students the skills and knowledge needed to establish and sustain an active lifestyle.

All courses are contingent upon 2019-20 staffing and course enrollment. All freshmen are required to take the Freshmen Core Program and Sexuality and Health. Sophomores, juniors, and seniors will enroll in one PEHW class each year from the elective courses. Students may only enroll in additional PEHW courses with department head approval. All activities are designed for co-educational classes.

GRADUATION REQUIREMENT: 5 credits Each PEHW class is one credit.
GRADING: A, Pass, Fail, N (no credit), and Medical (M).

CORE PROGRAM

001: Freshman Core - no level 9 - F or S - 2 periods - 1 credit

The Freshmen Core program is designed to develop a fundamental understanding of personal fitness, wellness concepts, aquatic safety, CPR awareness, individual and group problem solving, cooperative games, rules and regulations of various team and lifetime games. An important objective of the core program is to give the students the background for entering into the elective program for their sophomore, junior and senior years.

002: Sexuality and Health - no level 9 - F or S - 2 periods - 1 credit

Our Sexuality and Health class counts as one credit towards the Physical Education/ Health/ Wellness graduation requirement. This course is designed to help ninth grade students explore sexuality issues important to everyone. Friendships, romantic attractions, sexual orientation, dating, love, building healthy relationships, ending relationships, decision making, support for choosing abstinence, ways to refuse unwanted sexual encounters, ways to reduce the risk of pregnancy and sexually transmitted infections, sexual harassment, and other relevant topics will be discussed in an open and supportive environment.