

**South Fort Myers High School**  
**H.O.P.E. – Health Opportunities through Physical Education**  
**Instructor: Ms. Strange and Ms. Arbour**

**Course Description:**

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. All incoming freshmen must complete and pass this course in order to graduate. This course is designed for both classroom activities that involve Health Concepts and movement activities that involve Fitness Concepts. This class will be taught throughout the entire year. One day you will be in the classroom and the other day you will be outdoors or in the gym participating in Wellness/Fitness activities.

**Course Syllabus:**

Students will dress out each day and participate in a variety of Skill and Health Related Fitness Components through circuit training, running, aerobics, tae bo, conditioning, etc. A Pre and Post Fitness Test will be administered at the beginning and end of the semester/year to chart student progress.

**Skill Related Fitness Components:**

Agility, Balance, Power, Reaction Time, and Coordination

**Health Related Fitness Components:**

Flexibility, Cardiovascular Fitness, Muscular Strength, Muscular Endurance, and Body Composition

**Pre and Post Fitness Testing Areas:**

Curl-Ups, Push-Ups, Sit & Reach, 1-Mile Walk/Run

**First Semester: First Aid**

**Second Semester: CPR/AED**

**Assessments:**

A self-tracking competency checklist will be utilized. Each student will demonstrate knowledge in assessment and compiling data from individual learning and growth. These on-going records of progress over time will also be used as feedback for one on one conferences as tangible evidence of student learning/improvement. Semester Exam is worth 20% of the final grade.

**Grading:**

80% = Dressing out and Participating

20% = Assessments

100% Total