



# UPPER SCHOOL PHYSICAL EDUCATION CURRICULUM

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## Address

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# Upper School Curriculum

## PEH100: Physical Education and Health

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This course will focus on fitness, lifetime and team sports activities. Students will be given an opportunity to participate in a variety of activities to build fundamental skills as well as basic understanding of terminology, rules, and game strategies. The health component will focus on basic human anatomy, first aid, drugs/alcohol, and stress management. The curriculum is designed to teach students about the physical aspects of caring for the human body. In addition, students will learn appropriate techniques to combat life stressors.

### HEALTH COMPONENT SCOPE AND SEQUENCE:

#### STRESS MANAGEMENT UNIT

Students will be able to:

- Define stress and discuss stressors, both positive and negative.
- Describe how stress affects the body.
- Identify ways to deal with stress and experiment with personal strategies that work best.
- Analyze time management by looking at how each individual spends his or her time, identifying areas that may need improvement and discussing options regarding personal planning and organization.
- Collect and analyze data of how time is spent over a two-week period (homework, social media, watching television/movies, physical activity) and illustrate results using an infographic.

#### ANATOMY UNIT

Students will be able to:

- Define anatomical terminology relating to muscle movements.
- Identify major muscles and actions of the human body.
- Define four major components of fitness.
- Identify and locate bones, joints, and vertebrae of the skeletal system.
- Discuss physical fitness concepts relating to specific muscle groups with the intention of preparing an individual program for each student meeting predetermined personal goals.

#### DISEASE TRANSMISSION UNIT

Students will be able to:

- Identify sexually-transmitted diseases and describe preventive strategies.
- Discuss communicable and non-communicable diseases.
- Identify types of immunity.
- Describe the stages of infectious diseases.
- Identify ways to treat and prevent infectious diseases.

#### DRUG AND ALCOHOL UNIT

Students will be able to:

- Discuss lifestyle choices of using drugs and alcohol
- Describe how addiction impact lives.
- Identify health risk of using drugs and alcohol.
- Distinguish between the use and abuse of over-the-counter medication
- Discuss stimulants, carcinogens, inhalants, depressants, smokeless tobacco
- Describe how alcohol and drugs impact our society (violence, accidents, advertisements)

#### FIRST AID AND SAFETY UNIT

Students will be able to:

- Recognize basic emergency situations and act appropriately.
- Describe the Good Samaritan Law and how it protects citizens offering aid in emergency situations
- Identify symptoms and demonstrate treatment protocol for bleeding, poisoning, frostbite, heat stroke, heat exhaustion,



heart attack and stroke victims.

- o Describe the different types of wounds and fractures.
- o Perform various splinting techniques for upper and lower extremities.
- o Demonstrate open, closed, and spiral bandaging techniques.
- o Apply an arm sling and ankle wrap in an emergency situation.
- o Perform rescue breathing and obstructed airway methods.
- o Discuss splinting and demonstrate proper techniques to administer.
- o Receive American Red Cross certification for Adult CPR.
- o Describe and demonstrate use of AED and Epi-Pen.



# Upper School Curriculum

## Physical Education: Electives

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### MEDITATION AND RELAXATION

This trimester course is designed as an introduction to meditation and relaxation techniques. Meditation is a habitual process of training your mind to focus and redirect your thoughts. Techniques learned during this class help students practice how to use meditation to reduce stress, enhance self-awareness, control anxiety, lengthen attention span, and find inner peace. In addition, other beneficial habits and feeling, such as positive mood and outlook, self-discipline, healthy sleep patterns and increased pain tolerance can be achieved. This class is graded Pass/Fail.

### RACQUET SPORTS

This trimester course examines basic stroke execution, strategy, rules, match play and court etiquette of a variety of racquet and net sports. Sports may include tennis, pickleball, badminton, table tennis, and volleyball. Racquet sports are exciting games promoting power, precision technique, hand-eye coordination, foot agility, timing and mental focus. This class is graded Pass/Fail.

### TEAM SPORTS

This trimester class is designed for students interested in learning skills and strategies of a team sports. This course will include daily skill instruction and implementation of those skills into a competitive game setting. Sports may include, but are not limited to basketball, flag football, soccer, ultimate frisbee, team 4 square, and volleyball. This course will also improve cardiovascular fitness, muscle strength, and muscle endurance. This class is graded Pass/Fail

### CARDIORESPIRATORY FITNESS

This trimester course focuses on cardiorespiratory fitness using treadmills, stationary bicycles, stair climbers, rowing machines, elliptical trainer and walking/jogging around the track and trails around our school. Focus is place on general endurance of the respiratory and circulatory system, reducing or maintaining body fat levels, and providing knowledge in safe workout principles. This class is graded Pass/Fail.

### FIRST-AID/CPR/AED

This trimester course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies. Interactive classroom experiences will simulate emergency situations preparing you to respond with confidence to care for victims. Upon successful completion of the course you will receive an American Red Cross certificate for Adult First Aid/CPR/AED, valid for a two-year period. This class is graded Pass/Fail.