

Stuart W. Cramer

Health & Physical Education Department



Team Sports

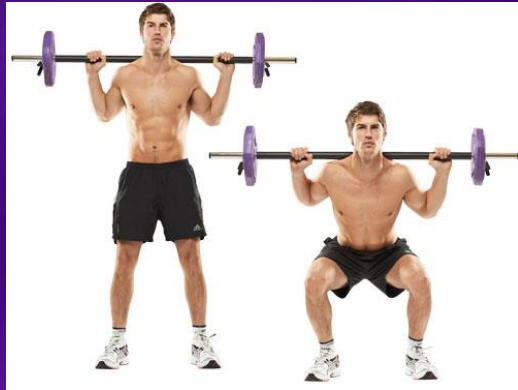


- Fitness Pre-test
- Basketball
- Ping Pong
- Tennis
- Football
- Flag Football
- Ultimate Frisbee
- Volleyball
- T-25 Series
- Mile Run
- Soccer
- Whiffle Ball
- Games & Activities
- Fitness Post Test
- Corn Hole

Physical Education Main Gym



Body Wellness Program



Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 100	
Fat 2.5 g	4%
Dietary Fiber 1.5 g	3%
Sugar 0 g	0%
Cholesterol 12 mg	2%
Sodium 75 mg	3%
Carbohydrate 25 g	8%
Fiber 0 g	0%
Sugar 24 g	4%
Protein 0 g	
Vitamin A 2%	Vitamin C 0%
Calcium 17%	Iron 0%

Pre-test & Post Test Evaluations
Upper and Lower Body Weight Training
Cardiovascular Training
Nutritional Information
Bench Presses
Squats
Reverse curls
Incline
Butterflies
Pull-ups
Dips
Jump rope
Power cleans



Weight Room



Health & Physical Education

Curriculum Topics

- Stress Management
- Mental Disorders, Suicide & Depression
- Chronic Diseases
- Communicable Diseases, Cancer
- Alcohol, Drugs, & Tobacco
- Nutrition & Fitness
- Consumer Health & Refusal Skills
- Resolving Conflicts
- Personal Health-Abstinence
- Basic First Aid & CPR
- Mental & Emotional Health
- Movement Concepts

Health Classrooms Room

Room 109



Room 111



Both Health classrooms are located on the first floor directly across from the Main Gym.

Schedule

We will operate on a three week rotating schedule. Each class will have Health for 15 calendar days, then switch to Physical Education for 15 days. Holidays are not included in the rotation schedule. Health classes will meet in Room 109. Physical Education classes will meet in the main gym.

Textbook

Prentice Hall-*Discovery Education*. Pruitt, Allegrante, & Prothrow-Stith @2010 Pearson Education, Inc. Online access information will be given out in class.

Supplies

Health Education-Notebook & pen/pencil. Physical Education-Tennis shoes, appropriate clothing-See GCS Dress code policy, lock for locker in dressing room.

Locker Rooms



Auxillary Gym

