

Health and Physical Education Department:

Physical Education 3.75 Credits:

Activities offered are:

Basketball: To develop an understanding of the game of Basketball. The students will gain knowledge of the rules, scoring, and officiating. Students will learn the necessary skills, such as passing, shooting, dribbling, and defense.

Floor Hockey: Students learn the skills of stick handling, passing, shooting, defense and goal tending.

Soccer: To develop an interest in the game of Soccer. The students will learn various skills, such as dribbling, passing, goal tending.

Softball: The students will learn to develop the skills necessary to enjoy playing Softball as a recreational sport. Skills learned are, batting, fielding, running the bases, and pitching.

Speedball: The students will learn and appreciate this unique game that combines the skills of soccer and football.

Touch Football: To develop an understanding for the game of Football. Students will learn the skills and techniques necessary for playing Touch Football as a recreational sport.

Ultimate Frisbee: The students will learn and appreciate the recreational game of Ultimate Frisbee. The students will combine the skills of tossing and catching a Frisbee, along with team strategy.

Volleyball: To develop the idea of Volleyball being a carry over sport which will be more enjoyable later if proper techniques are learned well now.

Individual Sports and Activities:

Aerobics: A structured Aerobic Class. The workout and music is changed periodically to provide variation to the workout. Weights and Steps are also used at various times during the workout.

Table Tennis: To develop the skills necessary to enjoy Table Tennis as a recreational carry over activity.

Weight Training: This course is designed to develop strength, endurance, posture, and confidence in oneself.

Yoga Stress Reduction/ Meditation: This course concentrates on posture, body alignment, as well as creating a higher consciousness. Yoga utilizes the stretching postures, breathing, and meditation techniques to calm the emotional state of the mind, and tone the body.

The Physical Education Curriculum will also cover other activities to be determined by the facilities and the equipment. All of the activities will be aligned to the NJ Core Curriculum Content Standards.

Health Education 1.25 CREDITS:

The Health Curriculum is broad and diversified. In compliance with article 6:29 –7.1 of the New Jersey Administrative code, the Cliffside Park School District has instituted a Family Life Education Program. The program is but one aspect of the much larger Health and Safety Curriculum. It is essentially a continuation of the program currently being offered in our schools.

HE12 (Senior Health): The course is designed for our seniors to meet the challenges of the future. Real life issues such as marriage, childcare, and finances are only a few of the topics taught to our seniors.

HE11 (Junior Health): This course teaches the importance of Safety and First Aid Care. Students are given the opportunity to receive CPR Certification and Training.

HE10 (Sophomore Health): In Driver Education students are taught the rules of the road and how to become a safe driver. Drinking and Driving is a major topic.

HE09 (Freshmen Health): Freshmen are taught basic health concepts. Topics such as Alcohol, Tobacco, Drugs, Nutrition, Peer Pressure, Stress, and other issues are covered.