



Curriculum and Instruction Online Health & Physical Education

Level I

This course focuses on the development of complex movement skills, cognitive understanding of movement principles, and the development of personal fitness plans. Students demonstrate the ability to use basic skills, strategies, and tactics. They demonstrate more specialized knowledge in identifying and applying key movement concepts and principles. They assess and develop a personal physical activity program aimed at improving their skill performance. They apply their understanding of personal fitness to lifelong participation in physical activity. Students demonstrate independence of others in making choices, respect all others, avoid conflict but are able to resolve it appropriately, and use the elements of fair play and ethical behavior in physical activity settings. Students demonstrate the ability to plan for and improve components of fitness and achieve and maintain a health-enhancing level of personal fitness. Health topics include personal health, body systems, substance abuse, first aid and CPR, nutrition, and consumer and community health. This version of the course is delivered entirely online using the *Virtual Virginia Beach e-Learning* platform. Specialized computer skills and platform familiarity are developed during the prerequisite Online Orientation which is part of this course. Information about the nature of Online Learning, the necessary computer equipment, and other aspects of this opportunity can be found on VBSchools.com webpage at Distance Learning link <http://www.vbschools.com/distance/index.html>

Level II

This course focuses on the refinement of complex motor skills, use of technology to assess personal fitness levels, assist in the development of personal fitness plans, and demonstration of sportsmanship and fair play. This course is designed to help students adopt and maintain the behaviors associated with an active and healthy lifestyle. Students will learn the facts about fitness, wellness, and physical activity, become an informed fitness, wellness, and exercise consumer, and plan their own personal lifetime fitness and wellness program. Through this course, students will learn the importance of maintaining fitness and wellness through a physically active lifestyle. Health topics include personal health, body systems, substance abuse, first aid and CPR, nutrition, and consumer and community health. This version of the course is delivered entirely online using the *Virtual Virginia Beach e-Learning* platform. Specialized computer skills and platform familiarity are developed during the prerequisite Online Orientation which is part of this course. Information about the nature of Online Learning, the necessary computer equipment, and other aspects of this opportunity can be found on the VBSchools.com webpage at the Distance Learning link <http://www.vbschools.com/distance/index.html>.