

**Department:** Physical Education  
**Course Name:** Upper School Physical Education

**Course Description:**

Physical Education at Hampton Roads Academy aims to promote a healthy lifestyle for students and therefore advocates activities that are enjoyable and that also contribute to healthy living. The goal of this semester-long course is to help students understand the value of physical activity and to adopt a creative, growth-oriented mindset. Students will participate in a variety of activities to include sport skills, fitness and mindfulness oriented exercises, cooperative and creative activities/projects, cross-brain activities (Bilateral Integration Gym) and more.

**Content:**

Adaptations to cardiovascular training  
Adaptations to strength training  
Cross-brain activities (Bilateral Integration Gym)  
Growth mindset collaboration activities  
Sport skill enhancement  
Yoga and other mindfulness and flexibility enhancing activities

**Skills:**

Demonstrate heart rate training zone calculation  
Demonstrate skillful weight training techniques  
Demonstrate improvement in certain and selected cross-brain movements and/or skills  
Produce, alone or in a group, an original tangible or intangible product or service which solves/improves some kind of practical identifiable problem  
Demonstrate increased enjoyment of at least one game or sport skill  
Demonstrate honest effort during and possibly enjoyment from flexibility and mindfulness activities

**Text and Materials:**

Athletic clothing and tennis shoes are required to participate

**Methods of Instruction:**

Individual, partner, and group activities  
Teacher directed instruction

**Methods of Evaluation:**

Teacher observation