

## High School Physical Education Summer Learning Program Information

### Program Description

The Harford County Public Schools (HCPS) Summer School Physical Education program provides high school students with expanded access to curricula aligned to the Maryland State Curriculum through the delivery of high-quality blended learning experiences. Students will sit for the countywide exit exam upon completion of the course. Courses offered include:

#### **FOUNDATIONS OF FITNESS AND PHYSICAL ACTIVITY-IN PERSON** **Grade 9**

This required course presents fundamental and current topics in the field of physical fitness. It supports and encourages students to develop an individual optimum level of physical fitness, to acquire knowledge of physical fitness concepts, and to understand the significance of lifestyle on one's health and fitness. Successful completion of this course earns one-half credit to meet the State requirement for graduation.

#### **PHYSICAL EDUCATION 10-12 IN PERSON** **Grades 10-12**

Physical education offers a wide variety of activities based on an elective program. This program is designed to meet the individual needs, abilities, and interests of students. Activities rotate on a three-week basis and provide students the opportunity to experience lifetime sports, individual sports, and team and recreational games. Successful completion of this course earns one-half physical education credit.

*Prerequisite: Foundations of Fitness and Physical Activity*

#### **WELLNESS WALKING-VIRTUAL** ***Prerequisite: Foundations of Fitness and Physical Activity***

This course is designed to offer students an opportunity to apply fitness concepts to improve their fitness level through a low impact aerobic workout. Pacing, mileage, walking techniques and MVPA (Moderate to Vigorous Physical Activity) time will be stressed daily. Safety information, nutrition, hot/cold weather exercise, as well as health-related issues will be discussed in class. Successful completion of this course earns one-half required PE credit.

*Prerequisite: Foundations of Fitness and Physical Activity*

### Program Schedule

Date(s)	Time	Activity
June 5, 2024	3-5pm	Content Professional Development
June 27, 2024	9am-12pm	Classroom set up
July 1-July 25, 2024	7:30am-11:30am	Summer School
July 25, 2024	12pm-3pm	Summer School Closeout/Grades

### Locations

Aberdeen High School

### Teacher Requirements

- Teachers are required to teach 15 days, during the hours of 7:15-12:15 and attend paid professional development.
- Summer school instructors should not schedule vacation time on any of these dates.

*Please note that final staffing is based upon a 25:1 ratio.*