

## **P.E. Packets**

Grading will be based on the following expectations:

Students are required to write an article review/critique researching newspapers, magazines, or the internet on the following topics for each week they are not participating in physical education. The contents of the review/critique should include a summary of the article, a critique of the article, and your opinion on the topic (agree/disagree etc.) The review should also include the name of the article, the author, the publisher and/or the website in which the article was published. The report must be at least one page (typed) or two pages (written) and returned to your instructor by the end of each week. Penalties for plagiarism will follow the CHS Student Handbook. This information can also be found at [www.centraliahs.org](http://www.centraliahs.org) on the physical education homepage.

### **1<sup>st</sup> Semester**

### **2<sup>nd</sup> Semester**

#### 1<sup>st</sup> Quarter

#### 3<sup>rd</sup> Quarter

- Week
1. Blood, Heart and Circulation
  2. Bones, Joints, and Muscles
  3. Brain and Nerves
  4. Digestive System
  5. Ear, Nose and Throat
  6. Endocrine System
  7. Eyes and Vision
  8. Immune System
  9. Kidneys and Urinary System

- Week
1. Transplantation and Donation
  2. Food and Nutrition
  3. Personal Health Issues
  4. Health Safety Issues
  5. Sexual Health Issues
  6. Sexually Transmitted Diseases
  7. Fitness
  8. Weight Training
  9. Cardiovascular Training

#### 2<sup>nd</sup> Quarter

#### 4<sup>th</sup> Quarter

- Week
1. Lungs and Breathing
  2. Mouth and Teeth
  3. Skin, Hair and Nails
  4. Female Reproductive System
  5. Male Reproductive System
  6. Infections
  7. Injuries and Wounds
  8. Pregnancy and Reproduction
  9. Substance Abuse Problems

- Week
1. Anorexia
  2. Bulimia
  3. Contraception
  4. Diet and Nutrition
  5. Environmental Health
  6. HIV / Aids
  7. High Blood Pressure
  8. Obesity and Overweight
  9. Smoking and Tobacco Use