

**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
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.

**WELLNESS WALKING
*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 1, 2021	3-5pm	Content Professional Development
June 24, 2021	9am-12pm	Content Planning
July 6-August 5, 2021	TBD	Summer School
August 5, 2021	TBD	Summer School Closeout/Grades

Locations

Virtual

Teacher Requirements

- Teachers are required to teach 19 days, during the hours of TBD 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.
Dates and times are subject to change*