

Human Movement

Teachers

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Course Overview

Human movement explores the body systems and science behind the way our bodies move and grow throughout life. In this course we will explore the human body in muscle groups, skeletal system, cardiovascular system, nervous system, and learn how to use the systems to achieve human movement. We will use a combination of classroom lessons, outdoor activities, and experiments in our fitness room to complete our exploration in Human Movement.

Units of Exploration

Personal Movement Abilities

Muscle Groups

Skeletal System

The Brain & Nervous System

Training for Optimal Movement Skills

Expectations

Though this is an options course, it is expected that students come to class prepared to explore topics, discuss with peers, research, analyze and share their knowledge. Some classes may be more physically demanding than others, therefore we expect students to come to those classes with appropriate athletic attire, especially shoes that they can move around in safely and effectively.

Assessment

The following assessment strategies will be used throughout the year

Self Assessment & Reflections

Exit Slips

Daily Assignments

Group Projects

Quizzes

Participation Check Lists