

The Physical Education program at Harrison High School is structured around the concepts of Personal Fitness, Team Sports, Weightlifting, and Lifetime Sports. The main focus of the program is to establish fitness skills that students can use to maintain a healthy, active lifestyle throughout their lifetimes. Student fitness skills will be assessed twice a year through the Fitnessgram program, which monitors and records individual progress. Students learn how to establish fitness goals and develop plans to achieve these goals. Physical Education at Harrison High School provides an opportunity for every student to learn and achieve. Health Education at Harrison High School is an integral part of every student's education and encourages students to increase their knowledge of health and wellness and how it will affect their lives. Through Health Education, our students are given the foundation to maintain their physical, social, and emotional health. Driver Education Theory is taught to students as their Health component in sophomore year. In Driver Education, students gain the knowledge to make them safer drivers as they prepare to join the ranks of licensed drivers. The students learn the consequences of risk behaviors, such as the dangers of drinking and driving. The skills learned in this class will assist students in gaining the skills needed to be responsible drivers.