

PHYSICAL EDUCATION AND WELLNESS PROGRAM

The District 200 physical education program operates under the assumption that fitness, quality health, and good nutrition are life-long goals, and the foundation for achieving those goals can be realized through daily practice in the high school years. District 200 expects all students to pass the equivalent of eight semesters of physical education. Health education counts the equivalent of one semester of the requirement and driver education may also substitute for one semester.

<u>9th Grade</u>	<u>10th Grade</u>	<u>11th Grade</u>	<u>12th Grade</u>
Freshman Physical Education and Wellness	Sophomore Physical Education and Wellness <i>and/or</i> Health Education <i>and/or</i> Driver Education	Responding to Emergencies (RTE)  Designer Fitness Plan (DFP)	Two Semesters Selected from Senior Electives: Competitive Team Sports Dance Fit Yoga Group Exercise Intermediate Team Sports Lifetime Sports & Fitness Self-Defense Strength and Cardio Training

ADAPTED PHYSICAL EDUCATION (I)

Length: *Multiple Semesters*

Grades: *9, 10, 11, 12*

Prerequisite: *None*

Adapted Physical Education is designed to provide a variety of activities and teaching procedures that are adapted to the specific physical limitations of individual students. Students, through medical verification and/or special education identification processes, must be unable to participate in a regular Physical Education program because of short or long-term convalescence, physical injury, or permanent, non-corrective disability.

football, soccer, basketball, floor hockey, and softball. Students must be familiar with the rules of the games, and they should have mastered fundamental skills and strategies of the identified sports. Students will also work in exercise sessions for muscle fitness, cardio-respiratory fitness, and personal wellness.

COMPETITIVE TEAM SPORTS (I)

Length: *Multiple Semesters*

Grade: *12*

Prerequisite: *RTE and DFP*

Competitive Team Sports engages participants in rigorous athletic team activities and competitions. Students are expected to compete on a daily basis in seasonal team sports that may include flag

DANCE (I)

Length: *Multiple Semesters*

Grade: *12*

Prerequisite: *RTE and DFP*

Dance includes instruction in a variety of dance forms. Students practice dance movement that may include jazz, modern, tap, ballet, and popular recreational dance styles. Culturally diverse dance and movements are introduced and practiced within the context of various routines.

PHYSICAL EDUCATION AND WELLNESS PROGRAM

DESIGNER FITNESS PLAN (DFP) (I)

Length: *One Semester*

Grade: *11*

Prerequisite: *Sophomore PE and Wellness*

Designer Fitness Plan (DFP) includes a background of knowledge necessary to provide each student with a comprehensive, personal fitness-training program. Basic concepts relating to exercise physiology, anatomy and kinesiology will provide the student with the framework necessary to understand general fitness training concepts. Personal assessments, goal sets and program design will allow each student to monitor individual progress. The course will provide specific exercise prescriptions, logged workouts, personal goal setting and analysis of current nutritional choices along with implementation of a personal nutritional plan.

DRIVER EDUCATION (I)

Length: *One Semester*

Grade: *10*

Prerequisite: *Freshman PE and Wellness*

Driver Education is a three-phase correlated program that fulfills the state requirement for obtaining a driver's license before a student's 18th birthday. The classroom phase emphasizes the theory of good driving practice and safety precautions. The development of good attitudes toward driving will be stressed. The simulator phase introduces the student to proper driving techniques, giving exposure to a variety of simulated driving conditions. The car phase permits practice and perfection in the skill of driving.

Important Additional Driver Education Information:

- Driver Education requires a \$250.00 per student fee.
- A Social Security number must be secured before beginning this course.
- House Bill #418 (Public Act 88-188) dictates that in order for a public or private school student to be eligible for enrollment in Driver Education, he/she must have received a passing grade in at least eight (8) courses during the previous two (2) semesters. The change also applies to commercial driving schools, which must verify through a written

confirmation form with the high school that the student has met this requirement before enrolling him/her in their commercial school.

FIT YOGA (I)

Length: *Multiple Semesters*

Grade: *12*

Prerequisite: *RTE and DFP*

Fit Yoga will introduce students to a wide range of yoga styles and yoga-inspired workouts, in order to improve students' physical, mental, and emotional well-being, as well as to provide an outlet for students to experience yoga and its many benefits. This class will also provide techniques to help with stress management and relaxation, in order to meet the demands of today's stressed out teens.

FRESHMAN PHYSICAL EDUCATION AND WELLNESS (I)

Length: *Two Semesters*

Grade: *9*

Prerequisite: *none*

Freshman Physical Education and Wellness includes an introduction to the principles of "fit for life," the primary goal of the District 200 secondary level physical education program. Units of study include personal health and fitness assessments, creating wellness profiles, developing guidelines for appropriate life-long exercise, and participation in a variety of physical skill activities that include traditional sports and games. Additional classroom instruction includes units and/or activities related to violence prevention, personal safety, mental health, communication skills, listening skills, coping skills, and strategies for self-help. Seasonal activities are included as part of the program and vary dependent on weather conditions and availability of facilities and outdoor resources.

GROUP EXERCISE (I)

Length: *Multiple Semesters*

Grade: *12*

Prerequisite: *RTE and DFP*

Group Exercise provides students with opportunities to participate in group-fitness exercise workouts that will improve their

PHYSICAL EDUCATION AND WELLNESS PROGRAM

personal fitness levels in flexibility, muscle fitness, and cardiorespiratory health. Workouts will include: yoga, Pilates, step aerobics, cardio kickboxing, cardio resistance training, basic core training, and dance instruction. Students will also be involved in the participation and tracking of weekly fitness-training programming.

HEALTH EDUCATION (I)

Length: One Semester

Grade: 10

Prerequisite: Freshman PE and Wellness

Health is a district requirement for graduation completed during the sophomore year. Topics are divided into three units of study that include mental health, drugs and substance abuse, and human relationships. Each unit includes assigned readings, classroom lecture and discussion, and regular homework assignments. The course challenges students to think critically, by developing problem solving and decision-making skills that enhance personal health choices.

INTERMEDIATE TEAM SPORTS (I)

Length: Multiple Semesters

Grade: 12

Prerequisite: RTE and DFP

Intermediate Team Sports offers a basic experience in popular team sports. Topics and activities include history of sport, basic rules, equipment requirements, and basic skills and strategies. Students participate in team competition in seasonal sports including flag football, soccer, basketball, volleyball, tennis, badminton, and softball.

LIFETIME SPORTS AND FITNESS (I)

Length: Multiple Semesters

Grade: 12

Prerequisite: RTE and DFP

This course is subject to a bus transportation fee (South only).

Lifetime Sports and Fitness seeks to achieve lifetime health and fitness through a combination of recreational sports participation, fitness training and wellness concepts. This course introduces students to those physical activities that can provide lifelong participation. Units such

as bowling, tennis, volleyball, badminton, rock climbing, biking, weight training, golf, and cardio fitness develop and maintain physical fitness through recreational sports participation.

RESPONDING TO EMERGENCIES (RTE)

(I)

Length: One Semester

Grade: 11

Prerequisite: Sophomore PE and Wellness and/or Health/Drivers Education

This course is subject to a consumable fee.

Responding to Emergencies (RTE) instructs students about the fundamentals of first-aid, the required skills for cardiopulmonary resuscitation certification, and the most current practice in how to respond to physical, life-threatening emergencies. In addition to emergency care lessons, the course emphasizes the value of a safe and healthy lifestyle in preventing injury and illness. The course includes lecture, discussion, and training simulations of emergency situations.

SELF-DEFENSE (I)

Length: Multiple Semesters

Grade: 12

Prerequisite: RTE and DFP

Self-Defense is designed to help students develop greater awareness of their surroundings, learn preventative and precautionary measures to avoid becoming a possible victim of crime, and acquire basic knowledge in self-defense tactics to use if preventative measures fail. Cardiovascular conditioning, flexibility, and muscular strength training will be conducted twice weekly to fulfill a complete self-defense program.

SOPHOMORE PHYSICAL EDUCATION AND WELLNESS (I)

Length: One Semester

Grade: 10

Prerequisite: Freshman PE and Wellness

Sophomore Physical Education and Wellness expands on the concepts, skills, and practices experienced in the freshman program. While fitness, nutrition, and personal health remain the focus of sophomore program, students begin to develop and evaluate their individual activities and fitness programs. Body composition, weight

PHYSICAL EDUCATION AND WELLNESS PROGRAM

control, diet and nutrition, and high-risk behaviors are all topics addressed and developed in the sophomore program. The program includes classroom activities as well as traditional physical activity and varies by season and facility availability throughout the school year.

STRENGTH AND CARDIO TRAINING (I)

Length: *Multiple Semesters*

Grade: *12*

Prerequisite: *RTE and DFP*

Strength and Cardio Training includes a background of knowledge necessary to provide each student with a comprehensive, personal fitness-training program. Basic concepts relating to

exercise physiology, anatomy, and kinesiology will provide the student with the framework necessary to understand general fitness training concepts. Personal assessments, goal sets, and program design will allow students to monitor their progress. The instructor for all students, along with the individual program design, will plan specific exercise prescriptions. Students will keep a folder including daily-logged workouts, goal sets, and assessments.