

Physical Education

Physical education classes provide opportunities for students to improve lifelong health, fitness, and activity related skills. Physical Education presents information that challenges students to improve personal fitness levels and to participate in individual and team activities. All courses focus on the development and maintenance of a healthy and actively fit individual which can be measured by the Healthy Fitness Zone component of FitnessGram. Physical education is an essential component in the education of the whole child by linking cognitive knowledge to physical activity and social interaction.

Students are required to earn at least one full credit of physical education by the end of their senior year. Fitness for Life, the required high school physical education class, is the foundation of individual lifetime fitness information. Additional courses are offered to support and extend individual fitness goals and interests. Personal fitness elective courses include personal fitness, strength and conditioning, and walking. Sport oriented elective courses are offered in lifetime and team sports. A variety of dance courses also satisfy the physical education requirements for graduation (see Dance).

All students are expected to wear appropriate uniform attire during physical education classes for the purpose of ensuring the safety and hygiene of each participant.

Physical Education Graduation Requirements— 1 Credit

- Fitness for Life (0.5 credit)
- Physical Education or Dance Elective (0.5 credit)

L82 | **Fitness for Life** 0.5sem

Students beginning their high school Physical Education experience will be introduced to the components of fitness and shown the relationship of physical fitness to total well-being. Fitness components are embedded throughout all instruction along with activities which address each of the Physical Education content standards. Students' physical fitness will be assessed through the administration of FitnessGram, a battery of standardized tests used to determine levels of fitness. Reports of these assessments will be analyzed to help students develop a personal wellness plan. Students will be afforded the opportunity to participate in a variety of activities which can be pursued during high school and throughout their lifetime.

L04 | **Stretch Your Wellness** 0.5sem

This course serves as an introduction to the wellness activity of yoga and mindfulness. It will introduce a brief history of yoga, the anatomical benefits and the physical practice of yoga as it pertains to relaxation techniques, breathing exercises, specific postures, healthy diet, and positive thinking. Through the exploration of the four components of mindfulness, students will learn healthy ways to relieve stress and promote a lifetime of wellness. Students will be maintaining a portfolio throughout the course which consists of weekly logs, lesson activities, class notes, and journal responses. Students will be assessed through quizzes, reflections, and project-based assessments.

L09 | **Unified Physical Education and Leadership 1-4** 0.5/sem

This course will allow students with and without disabilities to gain knowledge, experience, and skills in recreation sports, leisure activities, team/individual sports, fitness, and dance in a collaborative and cooperative environment. All students will explore leadership characteristics, communication and listening skills, group work, and critical thinking skills in order to provide support in an inclusive environment.

L14 | **Foundations of Lifetime Sports** 0.5/sem

Recreation sports courses provide students with knowledge, experience, and an opportunity to develop skills in more than one recreational sport or outdoor pursuit (such as adventure activities, croquet, Frisbee, wall climbing, bocce ball, fishing, hiking, cycling, etc.).

L15 | **Lifetime Sports 2-4** 0.5/sem

Lifetime Sports 2, 3, & 4 extends students' experiences in leisure activities they can pursue throughout life and allows for skill refinement in multiple sport offerings. Students increase knowledge and proficiency in all sport and leisure activities.

L37 | **Foundations of Team Sports** 0.5/sem

Students will learn rules, terms, historical background and basic skills for a variety of sports. The student will be able to understand team strategy in a competitive situation.

L37--1 | **Foundations of Team Sports Baseball** 0.5sem

Students will learn rules, terms, historical background and basic skills of baseball. The student will be able to understand team strategy in a competitive situation.

L37--2 | **Foundations of Team Sports Basketball** 0.5sem

Students will learn rules, terms, historical background and basic skills of basketball. The student will be able to understand team strategy in a competitive situation.

L37--3 | **Foundations of Team Sports Football** 0.5sem

Students will learn rules, terms, historical background and basic skills of football. The student will be able to understand team strategy in a competitive situation.

L37--4 | **Foundations of Team Sports Lacrosse** 0.5sem

Students will learn rules, terms, historical background and basic skills of lacrosse. The student will be able to understand team strategy in a competitive situation.

L37--5 | Foundations of Team Sports Soccer 0.5sem

Students will learn rules, terms, historical background and basic skills of soccer. The student will be able to understand team strategy in a competitive situation.

DUAL**L37--6 | Foundations of Team Sports Volleyball** 0.5sem

Students will learn rules, terms, historical background and basic skills of volleyball. The student will be able to understand team strategy in a competitive situation.

L38 | Team Sports 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--1 | Team Sports Baseball 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of baseball through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--2 | Team Sports Basketball 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of basketball through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--3 | Team Sports Football 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of football through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--4 | Team Sports Lacrosse 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of lacrosse through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--5 | Team Sports Soccer 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of soccer through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L38--6 | Team Sports Volleyball 2–4 0.5/sem

Students will improve their knowledge of game rules and basic skills of volleyball through the refinement of participation and increased depth of knowledge in team strategies. Students will increase their experience in teamwork through competitive situations in addition to experiencing coaching and officiating opportunities.

L51 | Foundations of Walking Wellness 0.5sem

This course is an introduction to the lifetime wellness activity of walking. Students are provided with an understanding of the importance that nutrition and exercise has on the pursuit of healthy living, while logging their effort. Various activities are embedded throughout the course which engage the learner and increase participation.

L52 | Walking Wellness 2–4 0.5/sem

This course extends the students' opportunity for participating in the lifetime wellness activity of walking. It increases the distances required to satisfy the curriculum, provides students with nutritional information consistent with healthy living and goals that require a commitment to physical fitness in pursuit of a healthy lifestyle.

L56 | Foundations of Personal Fitness 0.5sem

Health and Fitness courses combine the topics of Health Education courses (nutrition, stress management, substance abuse prevention, disease prevention, first aid, and so on) with an active fitness component (typically including aerobic activity and fitness circuits) with the intention of conveying the importance of life-long wellness habits.

DUAL**L57 | Personal Fitness 2–4** 0.5/sem

This course provides students with opportunities to develop optimal levels of physical fitness and to acquire knowledge of physical fitness components.

L58 | Foundations of Strength & Conditioning 0.5/sem

Students are engaged in an individualized program designed to incorporate physical fitness components and improve physical condition. Weight room procedures and safety precautions are stressed in this beginning level course. Students will focus on technique rather than the amount of weight lifted.

DUAL**L59 | Strength & Conditioning 2–4** 0.5/sem

Students will continue a systematic training program to refine techniques for strength and conditioning. Students will have an opportunity to develop greater strength and to design, with instructor assistance, an individualized strength and conditioning program.

L72 | Sports Medicine 0.5sem

The course is designed for students interested in fields such as athletic training, physical therapy, medicine, fitness, exercise physiology, kinesiology, nutrition, and other sports-medicine related fields. This class includes classroom work as well as hands-on application in order to provide students with an avenue to explore these fields. Through these connections, students will understand the importance that exercise, nutrition, treatment modalities, and rehabilitation play in athletic health. Students will study basic anatomy and the psychological impact of athletic injuries, along with assessment and treatment techniques as they apply to athletic injuries.

L87 | Department Aide—HPED No credit

The Health, Physical Education and Dance Aide course offers students the opportunity to assist instructors in preparing and organizing course curricula. Students may provide tutorial or instructional assistance to other students.