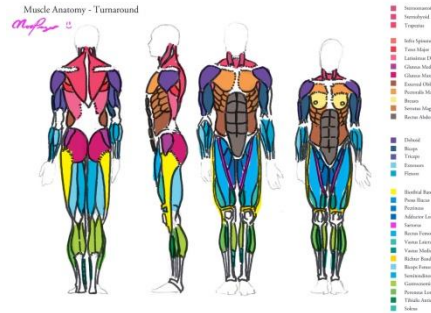




# Functional Fitness Sem 1 Module A



**Freshman Only**



Students will develop knowledge of individual fitness through experiences that will include, but are not limited to: Group and Individual Fitness, Strength Training, Yoga, Pilates, and real life movement activities.

**Module A will focus on** the anatomy and safety that supports your overall wellness during this course and in your future fitness experiences. Students will continue to focus on target heart rate while using technology to monitor their individual fitness.



**Freshman Only**

# Functional Fitness Sem 2 Module B

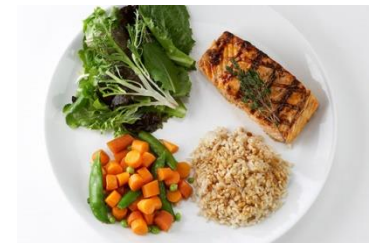


## 7 Day Fitness Plan

WALK & YOGA	Monday	DRINK LOTS OF WATER
WEIGHTS & JOG	Tuesday	NO SWEETS
PILATES & BIKE	Wednesday	MAKE ALL MEALS AT HOME.
WEIGHTS & RUN	Thursday	EAT GREEN VEGGIES.
REST	Friday	NO PROCESSED FOODS.
HIKE & CORE	Saturday	8 HOURS OF SLEEP.
STAIRS & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE.

Students will develop knowledge of individual fitness through experiences that will include, but are not limited to: Group and Individual Fitness, Strength Training, Yoga, Pilates, DrumFit and real life movement activities.

**Module B will focus on** the nutrition that is needed for growth and development and understanding how food plays a vital role in your overall ability to perform. A fitness tracking portfolio will be created where heart rate and nutrition goals will be set and individual progress tracked.



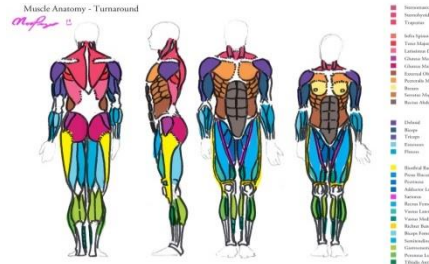


# Functional Fitness

## Sem 1 Module C



10<sup>th</sup>-12<sup>th</sup> Grade Students



Students will develop knowledge of individual fitness through experiences that will include, but are not limited to: Group and Individual Fitness, Strength Training, Yoga, Pilates, Zumba and other real life movement activities.



**Module C will focus on** anatomy and safety of movement in strength and performance activities. Students will continue to focus on target heart rate while using technology to monitor their individual fitness. Students will review fitness products and produce a product review. Motivation and behavior change will be analyzed and a personal plan for improvement created.



# Functional Fitness

## Sem 2 Module D

### 7 Day Fitness Plan

WALK & YOGA	Monday	DRINK LOTS OF WATER.
WEIGHTS & JOG	Tuesday	NO SWEETS
PILATES & BIKE	Wednesday	MAKE ALL MEALS AT HOME.
WEIGHTS & RUN	Thursday	EAT GREEN VEGGIES.
REST	Friday	NO PROCESSED FOODS.
HIKE & CORE	Saturday	8 HOURS OF SLEEP.
STAIRS & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE.

10<sup>th</sup>-12<sup>th</sup> Grade Students



Students will develop knowledge of individual fitness through experiences that will include, but are not limited to: Group and Individual Fitness, Strength Training, Yoga, Pilates, DrumFit and other real life movement activities.

**Module D will focus on** students learning what motivates others to move and be fit and develop a fitness plan for someone else. Technology will be used to track heart rate data and workouts. Students will create an individual fitness portfolio that includes tracking heart rate, nutrition data, log workout activity data and reflect on impacts on their physical health, mental and emotional health.

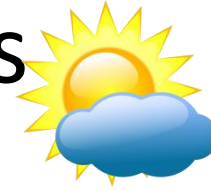




Freshman Only

# Walking for Wellness

## Sem 1 Module A



This course will help you understand how walking can be used to achieve health and fitness goals. The class will take place outside the whole year. Students should be prepared mentally and physically to walk outdoors in a variety of weather (hot, cold, windy, sunny). Sunscreen, shoes, proper clothing and water bottles are all highly recommended and necessary for success in the Walking for Wellness class.



**Module A will focus on** how to use technology to monitor heart rate and set training goals. You will be introduced to the safety aspects you should look for when walking outdoors and new environments. This information will support the development of route planning and basic injuries prevention and treatment that can be encountered during physical activity. Walking anatomy and physiology will be introduced and analyzed to support goal setting and understand physiological changes that can occur with proper form.





# Walking for Wellness



Freshman Only

## Sem 2 Module B

This course will help you understand how walking can be used to achieve health and fitness goals. The class will take place outside the whole year. Students should be prepared mentally and physically to walk outdoors in a variety of weather (hot, cold, windy, sunny). Sunscreen, shoes, proper clothing and water bottles are all highly recommended and necessary for success in the Walking for Wellness class.



**Module B will focus on** how to use technology to monitor heart rate and set training goals. Nutrition education will focus on the types of foods that are best to maintain a healthy lifestyle, reduce risk for disease along with proper hydration. A fitness tracking portfolio will be created where heart rate and nutrition goals will be set and individual progress tracked.



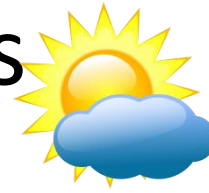
WALK & STRETCH	Monday	1000 STEPS
WALK & STRETCH	Tuesday	1000 STEPS
WALK & STRETCH	Wednesday	1000 STEPS
WALK & STRETCH	Thursday	1000 STEPS
REST	Friday	NO WALKING PLAN
WALK & STRETCH	Saturday	1000 STEPS
WALK & STRETCH	Sunday	1000 STEPS



# Walking for Wellness

10<sup>th</sup>-12<sup>th</sup> Grade Students

## Sem 1 Module C



This course will help you understand how walking can be used to achieve health and fitness goals. The class will take place outside the whole year. Students should be prepared mentally and physically to walk outdoors in a variety of weather (hot, cold, windy, sunny). Sunscreen, shoes, proper clothing and water bottles are all highly recommended and necessary for success in the Walking for Wellness class.



**Module C will focus on** the development of a fitness portfolio to track heart rate, nutrition, fitness and motivation data. Analysis of what motivates you to incorporate movement or fitness into your life. Consumer fitness and performance enhancing products will be reviewed and reported on by students.

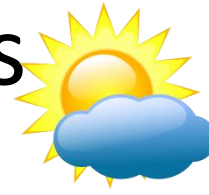




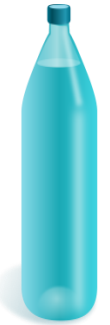
# Walking for Wellness

10<sup>th</sup>-12<sup>th</sup> Grade Students

## Sem 2 Module D



This course will help you understand how walking can be used to achieve health and fitness goals. The class will take place outside the whole year. Students should be prepared mentally and physically to walk outdoors in a variety of weather (hot, cold, windy, sunny). Sunscreen, shoes, proper clothing and water bottles are all highly recommended and necessary for success in the Walking for Wellness class.



**Module D will focus on** the development of a fitness portfolio to track heart rate, nutrition, fitness and motivation data. Students will review products that are used to track walking data and provide a consumer report. Students will analyze the motivation level of others and develop a plan to help them incorporate movement into their life for improved health and wellness.

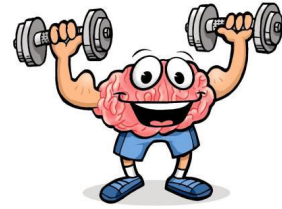


### 7 Day Fitness Plan

WALK TO PUNCH	Monday	WALK LOTS OF WALKS
WALKS TO JUNE	Tuesday	WALK SWEETS
WALKS TO BAY	Wednesday	WALK ALL WALKS AT ONCE
WALKS TO BAY	Thursday	WALK GREEN WALKS
REST	Friday	WALK PUNCHES
WALK TO CHASE	Saturday	WALKS OF WALKS
WALKS TO WALKS	Sunday	WALKS TO WALKS



# Strength and Performance



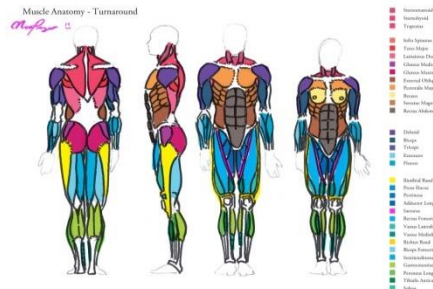
Freshman Only

## Sem 1 Module A



Students have the opportunity to experience a course that is devoted to the development of strength and performance. Fundamental techniques will be applied and mastered leading into advanced techniques in resistance training. This course takes place in a fitness center or a facility with a focus on weight training, speed, agility and improving performance.

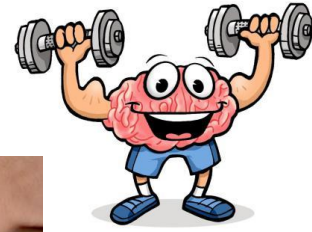
**Module A will focus on** anatomy and safety of movement in strength and performance activities. Students will focus on target heart rate while using technology to monitor their individual fitness.



# Strength and Performance

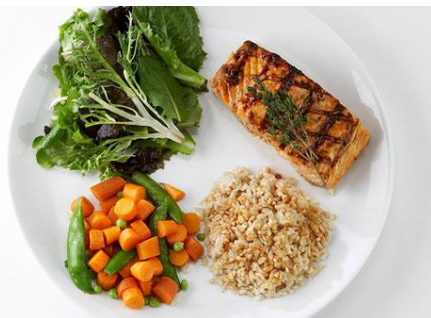
Freshman Only

## Sem 2 Module B



Students have the opportunity to experience a course that is devoted to the development of strength and performance. Fundamental techniques will be applied and mastered leading into advanced techniques in resistance training. This course takes place in a fitness center or a facility with a focus on weight training, speed, agility and improving performance.

**Module B will focus on** nutrition concepts that will be tracked to analyze diet to meet fitness goals. Students will create an individual fitness portfolio that includes tracking heart rate, logging activity data and reflecting on the impact to their physical, mental and emotional health.



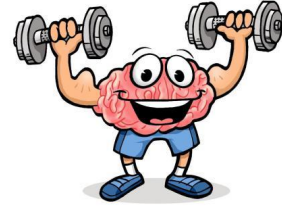
### 7 Day Fitness Plan

WALK & YOGA	Monday	DRINK LOTS OF WATER
WEIGHTS & JOG	Tuesday	NO SWEETS
PILATES & BIKE	Wednesday	MAKE ALL MEALS AT HOME
WEIGHTS & RUN	Thursday	EAT GREEN VEGGIES
REST	Friday	NO PROCESSED FOODS
HIKE & CORE	Saturday	8 HOURS OF SLEEP
STAIRS & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE



# Strength and Performance

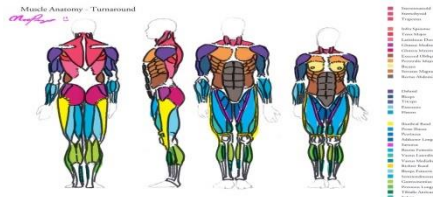
## Sem 1 Module C



### 10<sup>th</sup>-12<sup>th</sup> Grade Students

Students have the opportunity to experience a course that is devoted to the development of individual strength and performance. Fundamental techniques will be applied and mastered leading into advanced techniques in resistance training. Functional fitness concepts will be applied to enhance the student's movement pattern and performance.

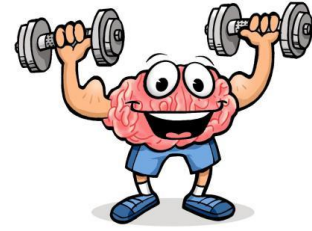
**Module C will focus on** anatomy and safety of movement in strength and performance activities. Students will continue to focus on target heart rate while using technology to monitor their individual fitness. Students will review fitness products and produce a product review. Motivation and behavior change will be analyzed and a plan for improvement created.





# Strength and Performance

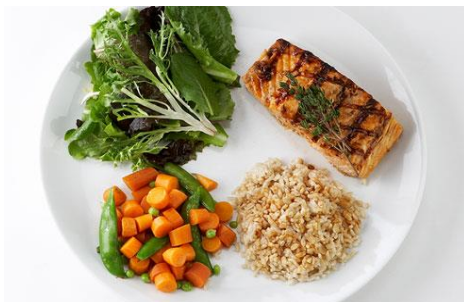
## Sem 2 Module D



10<sup>th</sup>-12<sup>th</sup> Grade Students

Students have the opportunity to experience a course that is devoted to the development of strength and performance. Fundamental techniques will be applied and mastered leading into advanced techniques in resistance training. This course takes place in a fitness center or a facility with a focus on weight training, speed, agility and improving performance.

**Module D will focus on** learning about what motivates others to move and develop a fitness plan for someone else. Technology will be used to track heart rate data and workouts. Students will create an individual fitness portfolio that includes tracking heart rate, nutrition data, log workout activity data and reflect on the impact to their physical, mental and emotional health.



### 7 Day Fitness Plan

WALK & YOGA	Monday	DRINK LOTS OF WATER
WEIGHTS & JOG	Tuesday	NO SWEETS
PILATES & BIKE	Wednesday	MAKE ALL MEALS AT HOME
WEIGHTS & RUN	Thursday	EAT GREEN VEGGIES
REST	Friday	NO PROCESSED FOODS
HIKE & CORE	Saturday	8 HOURS OF SLEEP
STAIRS & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE

# Team Sports Coaching and Officiating



## Sem 1 Module A



### Freshman Only

This course is directed towards introducing students to the basics of officiating, coaching, and being a cooperative and productive member of a team. Students will participate daily in a variety of team sports as the player, coach and/or official. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. Students will evaluate and assess the common traits of a good coach and develop strategies to enhance a team's ability to achieve common goals.

**Module A will focus on** the students acting as coach and official to practice using assertive communication to enforce rules, insure safe practices, and sportsmanship during a variety of team sport game play scenarios. Students will continue to build their skills and concepts of target heart rate while using technology to monitor their individual fitness.

# Team Sports Coaching and Officiating



Freshman Only

## Sem 1 Module B

7 Day Fitness Plan		
WALK & JUMP	Monday	DRINK LOTS OF WATER
WEIGHTS & JUMP	Tuesday	NO SWEETS
PLATE & BASK	Wednesday	DRINK ALL LIQUIDS AT ONCE
WEIGHTS & BASK	Thursday	GET LIQUID VITAMINS
REST	Friday	NO PROCESSER FOODS
WALK & JUMP	Saturday	8 SQUARES OF CHOCOLATE
WEIGHTS & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE

This course is directed towards introducing students to the basics of officiating, coaching, and being a cooperative and productive member of a team. Students will participate daily in a variety of team sports as the player, coach and/or official. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. Students will evaluate and assess the common traits of a good coach and develop strategies to enhance a team's ability to achieve common goals.

**Module B will focus on** the students acting as coach and official to practice using assertive communication to enforce rules, insure safe practices, and sportsmanship during a variety of team sport game play scenarios. Students will focus on the role of fitness and its impact on successful officiating. A fitness tracking portfolio will be created where goals will be set and individual progress tracked.



# Team Sports Coaching and Officiating

10<sup>th</sup> -12<sup>th</sup> Grade

## Sem 1 Module C

7 Day Fitness Plan		
WALK & PUNCH	Monday	DRINK LOTS OF WATER
WEIGHTS & JUMP	Tuesday	NO SWEETS
STRETCH & BEND	Wednesday	AVOID ALL DRUGS AT 5PM
WEIGHTS & RUN	Thursday	EAT HEALTHY SNACKS
REST	Friday	NO FRUITLESS FOODS
WALK & JUMP	Saturday	8 HOURS OF SLEEP
STRETCH & WEIGHTS	Sunday	TRY A NEW HEALTHY RECIPE

Students will participate daily in a variety of team sports as the player, coach and/or official. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. Students will evaluate and assess the common traits of a good coach and develop strategies to enhance a team's ability to achieve common goals.

**Module C will focus on** the students acting as coach and official to practice using assertive communication to enforce rules, insure safe practices, and sportsmanship in a variety of sports with a focus on SOCCER and HOCKEY. Students will establish and cultivate their knowledge of what motivates them to improve their game or fitness. A fitness tracking portfolio will be created where goals will be set and individual progress tracked.



# Team Sports Coaching and Officiating

## Sem 2 Module D

10<sup>th</sup>-12<sup>th</sup> Grade



Students will participate daily in a variety of team sports as the player, coach and/or official. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. Students will evaluate and assess the common traits of a good coach and develop strategies to enhance a team's ability to achieve common goals.

**Module D will focus on** the students acting as coach and official to practice using assertive communication to enforce rules, insure safe practices, and sportsmanship in a variety of sports with a focus on TENNIS and BASKETBALL. Students will establish and cultivate their knowledge of what motivates others to improve their game or fitness. A fitness tracking portfolio will be created where goals will be set and individual progress tracked.





# Lifeguard Certification and Leadership

**Must turn 15 years old by the end of the course and be a strong swimmer.**



This course will help students develop skills and experience that they can use in their role as a student leader and in the workplace. They will develop the knowledge and skills to learn how to effectively communicate through verbal and non-verbal cues, implement clear, detailed feedback to maximize group potential, facilitate problem solving and facilitate group activities in the physical education environment. Students will learn the most recent lifeguarding skills, CPR for the Professional Rescuer and use of the Automatic External Defibrillator (AED) as well as First Aid. This course takes place in both the classroom and swimming pool.

**By the end of the course, the student must be able to complete the following:** Swim 100 yards continuously; tread water for 1 minutes using only their legs; Dive to a depth of 7 to 10 feet to retrieve a 10-pound object and return to the surface.

Open  
to Jr's  
Only



# Independent PE-1 Independent PE-2



Students will meet 12 times in the semester as a whole class and the rest of the class is on your own. You need to be able to manage your time and meet weekly fitness and assignment deadlines to be successful in this class.

## Course Assignments

- Upload 100-150 minutes of moderate to vigorous heart rate on Polar watch each week
- Complete 15 modules in online PE course by end of semester
- Article reviews and discussion questions
- Submit weekly fitness logs
- Community program evaluation and upload video and summary
- Student surveys







# Advanced Leadership in PE

**Jr/Sr Students Only**



Leadership

**Prerequisite:** Grade of a C or higher in Introduction to Leadership

This course helps to extend, refine and apply the skills and knowledge they learned on how to be an effective leader in the Introduction to Leadership course. Students will organize and lead group activities that include the latest fitness technology and IPAD applications along with facilitating fitness testing with their peers and other student groups within the physical education classroom. Students will create a portfolio that includes a resume detailing the experiences and career aligned qualifications to be reviewed for placement as a physical education student leader during their senior year.



# Senior Leadership Practicum in PE

**Sr Students Only**

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**Prerequisite:** Grade of a B or higher in Advanced Leadership

This course allows students to implement, on a daily basis, the knowledge and skills they learned in the Introduction to Leadership and Advanced Leadership courses. Students will practice their knowledge and skills in the following areas: Communication, conflict resolution, officiating, coaching, team building, fitness data analysis, fitness goal setting, activity planning and monitoring. Students will research current health trends and create a visual to advocate for the health of individuals, families and/or their community.

