



2020•2021 Course Selections

Physical Education

FUNCTIONAL FITNESS A Semester 1 ONLY

Grade Level(s): 9

Credits: 1

Length: Semester

Content: Students will develop a comprehensive knowledge of fitness through experiences that will include, but are not limited to the following: Group and Individual Fitness, Strength Training, Yoga, Pilates, and Functional Movement Activities. Module A will focus on the anatomy and safety that factors into your overall wellness during this course and in your future fitness experiences. Students will continue to build and maintain the skills and concepts of target heart rate while using technology to monitor their individual fitness.

FUNCTIONAL FITNESS B Semester 2 ONLY

Grade Level(s): 9

Credits: 1

Length: Semester

Content: Students will develop a comprehensive knowledge of fitness through experiences that will include, but are not limited to, the following: Group and Individual Fitness, Strength Training, Yoga, Pilates, and Functional Movement Activities. Module B will have a 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 C Semester 1 ONLY

Grade Level(s): 10, 11, 12

Credits: 1

Length: Semester

Content: Students will develop a comprehensive knowledge of fitness through experiences that will include, but are not limited to, the following: Group and Individual Fitness, Strength Training, Yoga, Pilates, and Functional Movement Activities. Module C will have a focus on developing a fitness portfolio to track heart rate, nutrition, work out and personal motivation data. Safety and proper etiquette when using fitness equipment in a community or personal fitness center. Fitness product review and reporting and analyzing what motivates individuals to participate in physical activity.

FUNCTIONAL FITNESS D Semester 2 ONLY

Grade Level(s): 10, 11, 12

Credits: 1

Length: Semester

Content: Students will develop a comprehensive knowledge of fitness through experiences that will include, but are not limited to, the following: Group and Individual Fitness, Strength Training, Yoga, Pilates, and Functional Movement Activities. Module D will have a focus on developing a fitness portfolio to track heart rate, nutrition, work out and personal motivation data. Safety and proper etiquette when using fitness equipment in a community or personal fitness center. Using technology to analyze and educate others on safe and proper movement.



2020•2021 Course Selections

STRENGTH AND PERFORMANCE A Semester 1 ONLY

Credits: 1

Grade Level(s): 9

Length: Semester

Content: 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. Functional fitness concepts will be applied to enhance the student's movement pattern and performance. Students will continue to build and maintain concepts of target heart rate zone. Anatomy and safety of movement will be the foundational information for this course to understand and enhance the development of strength and performance.

STRENGTH AND PERFORMANCE B Semester 2 ONLY

Credits: 1

Grade Level(s): 9

Length: Semester

Content: 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. Functional fitness concepts will be applied to enhance the student's movement pattern and performance. Nutrition concepts will be applied and tracked to modify diet to meet fitness goals. Students will create an individual fitness portfolio that includes tracking heart rate, log activity data and reflect on impacts on physical health, mental and emotional health.

STRENGTH AND PERFORMANCE C Semester 1 ONLY

Credits: 1

Grade Level(s): 10, 11, 12

Length: Semester

Content: 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. Functional fitness concepts will be applied to enhance the student's movement pattern and performance. Module C will have a focus on developing a fitness portfolio to track heart rate, nutrition, work out and personal motivation data. Safety and proper etiquette when using fitness equipment in a community or personal fitness center. Fitness product review and reporting and analyzing what motivates individuals to participate in physical activity.

STRENGTH AND PERFORMANCE D Semester 2 ONLY

Credits: 1

Grade Level(s): 10, 11, 12

Length: Semester

Content: 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. Functional fitness concepts will be applied to enhance the student's movement pattern and performance. Module D will have a focus on developing a fitness portfolio to track heart rate, nutrition, work out and personal motivation data. Safety and proper etiquette when using fitness equipment in a community or personal fitness center. Using technology to analyze and educate others on safe and proper movement.



2020•2021 Course Selections

TEAM SPORTS OFFICIATING & COACHING A Semester 1 ONLY

Credits: 1

Grade Level(s): 9

Length: Semester

Content: 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. 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 collaborative strategies to enhance a team's ability to achieve common goals. The students will act as a 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 establish and cultivate their knowledge in evaluation techniques utilized by successful coaches and officials to improve their coaching and officiating skills. Students will continue to build their skills and concepts of target heart rate while using technology to monitor their individual fitness.

TEAM SPORTS OFFICIATING & COACHING B Semester 2 ONLY

Credits: 1

Grade Level(s): 9

Length: Semester

Content: 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. 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 collaborative strategies to enhance a team's ability to achieve common goals. The students will act as a 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 establish and cultivate their knowledge in evaluation techniques utilized by successful coaches and officials to improve their coaching and officiating skills. The role of fitness and its impact on successful officiating will be evaluated and a fitness tracking portfolio will be created where fitnessgram data will be analyzed, goals will be set and individual progress tracked.

TEAM SPORTS OFFICIATING & COACHING C Semester 1 Only

Credits: 1

Grade Level(s): 10, 11, 12

Length: Semester

Content: This course is a continuation of exposing students to officiating, coaching, and being a cooperative and productive member of a team. Students will participate daily in a variety of team sports with an emphasis on officiating and coaching the sports of soccer and hockey. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. The students will act as coach and official to practice using assertive communication to enforce rules, insure safe practices, and sportsmanship during activities. Review and reporting of the effectiveness of fitness or skill enhancing products.



2020•2021 Course Selections

TEAM SPORTS OFFICIATING & COACHING D Semester 2 Only

Credits: 1

Grade Level(s): 10, 11, 12

Length: Semester

Content: This course is a continuation of exposing students to officiating, coaching, and being a cooperative and productive member of a team. Students will participate daily in a variety of team sports with an emphasis on officiating and coaching the sports of tennis and basketball. The responsibilities and techniques in officiating and coaching of youth sports will be covered, along with analyzing and developing students' officiating and coaching style. The students will act as coach and official to practice using assertive communication to enforce rules, insure safe practices during activities and to motivate others to incorporate fitness and skill training into their daily life.

WALKING FOR WELLNESS A Semester 1 ONLY

Credits: 1

Grade Level: 9

Length: Semester

Content: This course will help you understand how walking can be used to achieve health and fitness 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 is an activity that can provide lifelong enjoyment of cardiovascular benefits along with physical wellness. The class will take place outside regardless of weather. Students should be prepared mentally and physically to walk outdoors in a variety of conditions (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.

WALKING FOR WELLNESS B Semester 2 ONLY

Credits: 1

Grade Level: 9

Length: Semester

Content: This course will help students understand how walking can be used to achieve health and fitness goals. Technology will be incorporated 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. Walking anatomy and physiology will be analyzed to support goal setting. A fitness tracking portfolio will be created where heart rate and nutrition goals will be set and individual progress tracked. Walking is an activity that can provide lifelong enjoyment, cardiovascular benefits along with physical wellness. Students should be prepared mentally and physically to walk outdoors in a variety of conditions (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.



2020•2021 Course Selections

WALKING FOR WELLNESS C Semester 1 ONLY

Grade Level(s): 10, 11, 12

Credits: 1

Length: Semester

Content: This course will help students understand how walking can be used to achieve health and fitness goals. Students should be prepared mentally and physically to walk outdoors in a variety of conditions (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. What motivates you to incorporate movement/fitness into your life and the analysis and reporting of a fitness product.

WALKING FOR WELLNESS D Semester 2 ONLY

Grade Level(s): 10, 11, 12

Credits: 1

Length: Semester

Content: This course will help students understand how walking can be used to achieve health and fitness goals. Students should be prepared mentally and physically to walk outdoors in a variety of conditions (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. Review products used to track walking data and how to motivate others to incorporate movement into their life for improved health and wellness.

LIFEGUARD CERTIFICATION AND LEADERSHIP

Grade Level(s): 9, 10, 11, 12

Credits: 1

Length: Semester

Course Fee: \$34.00

Prerequisite: Minimum age: **15 years by the end of the class**

Content: 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 pass the Ellis & Associates Lifeguard Certification test. Students will 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 a variety of physical education environments. 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 minute using only their legs; dive to a depth of 7 to 10 feet to retrieve a 10-pound brick and return to the surface.



2020•2021 Course Selections

INDEPENDENT PE-1 Semester 1 ONLY

Grade Level: 11

Credits: 1

Length: Semester

Course Fee: \$15.00

Course Requirements:

Students provide their own Bluetooth SMART enables device and use personal cell data to track and submit fitness data to their physical education teacher OR check in once a week with their teacher to transfer data from their watch to the Polar Coach program. Students are required to attend 11 sessions during their scheduled period to set up their heart rate monitor, online content and fitness testing. All other class work and physical activity is done outside of the school day and is the responsibility of the student to schedule and meet course requirements and deadlines.

Content:

Students have the opportunity to experience a course that is devoted to developing both their physical and cognitive health through a non-traditional physical education experience. Through this course, students will develop a fitness plan that details self-selected physical activities that best suits the students' personality, community resources and interests while tracking target heart rate for weekly online reporting. The cognitive content will cover, but not be limited to, the following topics: Target Heart Rate, Nutrition, Why Fitness Matters, Flexibility, Strength Training, BMI and Setting and Tracking Fitness Goals.

INDEPENDENT PE-2 Semester 2 ONLY

Grade Level: 11

Credits: 1

Length: Semester

Course Fee: \$15.00

Course Requirements:

Students provide their own Bluetooth SMART enables device and use personal cell data to track and submit fitness data to their physical education teacher OR check in once a week with their teacher to transfer data from their watch to the Polar Coach program. Students are required to attend 11 sessions during their scheduled period to set up their heart rate monitor, online content and fitness testing. All other class work and physical activity is done outside of the school day and is the responsibility of the student to schedule and meet course requirements and deadlines.

Content:

Students have the opportunity to experience a course that is devoted to developing both their physical and cognitive health through a non-traditional physical education experience. Through this course, students will develop a fitness plan that details self-selected physical activities that best suits the students' personality, community resources and interests while tracking target heart rate for weekly online reporting. The cognitive content will cover, but not be limited to, the following topics: Tracking, Your Brain, Motivation, Fundamentals, Intensity, Principles, Physical, Mental and Emotional Health and Safety.



2020•2021 Course Selections

INTRODUCTION TO LEADERSHIP IN PHYSICAL EDUCATION Semester 1

Credits: 1

Grade Level: 11

Length: Semester

Content: This course helps to nurture the qualities of an effective leader through the development of a student's knowledge and skills in cooperation, self-confidence, verbal and non-verbal communication and conflict resolution. Through participation in this course, students will be provided with opportunities to develop their leadership skills through leading small group activities and practical application with their peers. Students will develop an in-depth knowledge of the fitness components, mandated fitness testing protocols, the latest fitness technology, activity planning and oversight and effective feedback for physical skills and technique as well as cooperative skills.

ADVANCED LEADERSHIP IN PHYSICAL EDUCATION Semester 2

Credits: 1

Grade Level: 11

Length: Semester

Prerequisite: Grade of a C or better in Introduction to Leadership

Content: 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 PHYSICAL EDUCATION

Credits: 1

Grade Level: 12

Length: Semester/Year

Prerequisite: Grade of a B or better in the Advanced Leadership Course

Content: 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 be exposed to a variety of experiences throughout the semester where they 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 along with mentoring students from the Junior Leadership course. Leaders will support the classroom teacher in the monitoring of student groups in physical activity and skill development. Students will research current health trends and create a visual to advocate for the health of individuals, families and/or their community.