

BARTLETT HIGH SCHOOL PHYSICAL EDUCATION

BARTLETT HIGH SCHOOL'S PHYSICAL EDUCATION MISSION

Our purpose is to promote lifelong learning in both the cognitive and physical domains. By motivation and encouragement, students will be introduced to a life of self-improvement and wellness. We strive to build positive self-esteem by teaching communication, cooperation, and decision-making skills. These valuable life lessons will prepare students physically and mentally for the 21st Century. Our philosophy is to encourage students to be active and fit in the moment and more importantly, to teach concepts, strategies, and skills that allow students to be active for a lifetime.

BARTLETT HIGH SCHOOL PHYSICAL EDUCATION UNIFORMS

Returning for the 2012-2013 school year are our PE uniforms. The PE uniform will have a BHS pride look. Students will again be able to purchase and wear a custom designed BARTLETT HIGH SCHOOL PHYSICAL EDUCATION uniform (students may continue to use the blue and yellow U-46 uniform as well!). The BHS PE uniform is a mesh BHS PE logo short and a BHS PE logo shirt. These uniforms will be sold at registration on Thursday, August 9 and Tuesday, August 14. The cost for the set will be \$20.00. The PE shorts and shirt also sell separately for \$10.00 each.

PHYSICAL EDUCATION LEARNING OBJECTIVES

STATE OF ILLINOIS LEARNING STANDARDS – GOALS #19-#24 – PHYSICAL EDUCATION & HEALTH EDUCATION

- #19 – Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
- #20 – Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
- #21 – Develop team-building skills by working with others through physical activity.
- #22 – Understand principles of health promotion and the prevention and treatment of illness or injury.
- #23 – Understand human body systems and factors that influence growth and development.
- #24 – Promote and enhance health and well-being through the use of effective communication and decision-making skills.

SCHOOL DISTRICT U-46 GOALS FOR K-12 PHYSICAL EDUCATION

1. The student will utilize health and fitness components related to an ever changing life-long plan that will enhance the quality of life.
2. The student will display the cooperative skills of teamwork, group & peer interaction, leadership, decision-making, & sportsmanship that reflect mutual respect.
3. The student will show knowledge, understand relevance, & demonstrate life involvement in a variety of sports activities.
4. The student will demonstrate and understand safety concepts in various exercises & activities in regard to self, facility/equipment, and community.

BARTLETT HIGH SCHOOL GOALS FOR PHYSICAL EDUCATION

1. To have our students learn and practice effective strategies for changing behaviors and improving self-esteem in various health-related areas, such as exercise, safety habits, and stress management.
2. To have our students to display the cooperative social skill of teamwork, group and peer interaction, leadership, and sportsmanship that reflect MUTUAL RESPECT.
3. To have our students understand that daily physical activity will help to ensure that they will live, not only a long life, but a quality and productive life.
4. To have our students develop a working knowledge of fitness, sports, and healthy leisure activities that will increase interest in recreational lifetime endeavors.
5. To have our students be able to create a physical education portfolio that includes personal goals, interest surveys and activity planning, and assessment results.