

Physical Education & Health

Requirements:

Continuous enrollment in Concepts of Physical Fitness/Team and Life Sport, Yoga PE, Dance Workshop PE, or Dance Performance PE, grades 9 through 12. Physical Fitness/Team and Life Sport can be replaced by team membership or an approved Independent/Out-of-School Athletic Contract.

Completion of Health 1 in either Grade 9 or 10 and Health 2 in either Grade 11 or 12.

Certification in CPR/AED for the Professional Rescuers & Health Care Providers with First Aid.

Physical Education & Health

The Physical Education Program is designed to instruct students in sports and fitness activities, while ensuring all students are prepared in professional life-saving skills through our CPR/AED for the Professional Rescuers & Health Care Providers with First Aid class. While serving the diverse needs of our students, the purposes of basic instruction are to develop a commitment to lifelong physical activity, to guide students toward fitness and health, and to provide an environment in which students enjoy participating in physical activity.

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The physical education program recognizes the wide range of abilities and interests of its students and seeks to offer choice and flexibility in its offerings while maintaining optimal standards and requirements. Students will choose Concepts of Physical Fitness/Team and Life Sport, Yoga PE, Dance Workshop PE, or Dance Performance PE when planning their schedules for the coming year. Registration for particular activities within the unit selected will be conducted each quarter within the Department of Physical Education. Registration will take place on the first day of scheduled classes each quarter. Registration in the department is for the following purposes: (1) credit to be conferred for team participation; (2) approval of an Independent Out of School/Athletic contract; (3) selection of CPR/AED for Professional Rescuers & Health Care Providers with First Aid; and (4) selection of Health 1 or 2.

PHED 210 - Concepts of Physical Fitness/Team and Life Sport

Meets five days in every ten-day cycle

Prerequisites: None

Students will participate in a program that provides the most up-to-date information on strength-development/conditioning regimens and activities that develop personal living skills, integrate physical skills, and lead toward the objective of selecting appealing physical activities available outside of class.

In the *weight-training* component, students will be taught the proper use of equipment as well as the effects of its use on the body. The *cardiovascular fitness* component will begin with the identification of each student's target heart rate zone and allow students to achieve it through various endurance and muscle-toning workouts. Periodic assessments will test students' progress, general knowledge of the human anatomy, and the equipment used to work specific muscle groups.

In the *team and life sport* component, students will participate in both individual and team sport activities. Students will learn the rules of play of each sport or activity and the fundamental skills necessary for the enjoyment of each. Seasonal offerings include: soccer, floor hockey, tennis, table tennis, golf, horseshoes, bocce, jogging, flag football, volleyball, basketball, softball, speedball, team handball, ultimate, and childhood playground games.

In the aquatics unit, students will be exposed to comprehensive water safety policies, learning safe ways to participate in aquatic activities and recreation. The curriculum includes water safety knowledge, instruction in swimming (learn to swim and skill advancement), fitness swimming, stand up paddle-boarding, recreational aquatic games, snorkeling, Boga fit, and Boga yoga.

PHED 212 - Dance Workshop for PE Credit

Half credit, Meets five days in every ten-day cycle

Prerequisites: None

Studio/Performance credit or PE credit

Students taking part in a school sport are excused from class for the duration of their athletic season if they take the class for PE credit.

Dance Workshop emphasizes the development of a strong technical base in American classical forms including Ballet, Modern, Jazz, Tap and Hip Hop, as well as Pilates and/or Yoga, and World Dance influences. Training includes warm-ups, improvisation, stretching exercises, and traveling combinations. Rhythmic awareness and the relationship between music and dance will be emphasized throughout.

Dance is a performing art and as such, there is the potential to share our work with the greater Horace Mann community throughout the year. There will be one field trip included in this course. Attending this field trip (outside of school hours and off-campus) is mandatory. Additional assignments to encounter live dance of your own choice and on your own time may also be a part of this course.

PHED 213 –Yoga & Meditation for PE Credit

Half credit, meets five days in every ten-day cycle

Prerequisites: None

Studio/Performance credit or PE credit

Students taking part in a school sport are excused from class for the duration of their athletic season if they take the class for PE credit.

A regular yoga practice increases mental clarity, boosts memory, reduces stress and improves overall health and well-being. This full-year, half-credit course consists of three main components:

- Breathing Exercises to calm, energize or focus the body/mind, and to create greater communication between the two brain hemispheres
- Yogic Postures (asanas) to build strength, balance, and flexibility
- Mindfulness Meditation to relax the nervous system, increase concentration and improve decision making

Yoga and mindfulness have also been known to build confidence and support foundational skills in actors, singers, dancers, and public speakers.

PHED 313 – Dance Performance for PE Credit

Meets five days in every ten-day cycle

Prerequisites: Approval of the instructor

Participation in after-school sports does not exempt students from Dance Performance.

Studio/Performance half credit or PE credit

This course builds upon the foundations established in Dance Workshop and finally places the emphasis on performance. The course culminates in multiple presentations throughout the year. There will be one field trip included in this course. Attending this field trip (outside of school hours and off-campus) is mandatory.

Other options included in PHED 210 to be selected at PE Orientation

Health 1

Graduation Requirement

Meets five days in every ten-day cycle for one quarter

Prerequisites: None

Grades 9-10

Health 2

Graduation Requirement

Meets five days in every ten-day cycle for one quarter

Prerequisites: None

Grades 11-12

The Health curriculum provides an interactive forum between students and teachers to understand health issues. As students acquire knowledge and obtain skills, they gain the self-confidence and sense of responsibility necessary for making decisions that affect their quality of life. Health includes: lectures, research, role-playing, guest speakers, written and oral reports, movies, hands-on activities, and interactive group discussions. The skills students learn form a basis for exploration in areas such as: health and wellness, behavior change, substance use and misuse, sexuality and sexual health, relationships, stress, sleep, mental health, nutrition, and disease risk reduction.

Certification in CPR/AED for the Professional Rescuers & Health Care Providers with First Aid

Graduation Requirement

Meets five days in every ten-day cycle for one quarter

Prerequisites: None

Grades 9-12

Students will learn how to provide first aid in emergencies. This certification course integrates the lifesaving skills of rescue breathing, first aid for choking, and CPR with AED. If a scheduling conflict occurs, American Red Cross classes are offered outside of school. Please contact the Physical Education department if a conflict arises.

Out-of-School/Independent Athletic Contracts

Departmental approval required

Grades 10-12

Students may be permitted to use out-of-school activities for physical education credit. Students will be limited to activities not offered by the school during the same quarter, and those activities must meet minimum athletic team standards equal to those offered at school. A contract will be allowed only one quarter per school year. An athletic contract request for a sport in season is not permitted.

Contract forms must be submitted on or before the first day of class each quarter. **Late submissions will not be accepted.**

Lifeguarding

Students completing this course will be American Red Cross certified lifeguards. Students will learn all facets of the lifeguarding profession including lifeguarding skills to prevent, recognize, and respond to aquatic emergencies, risk management, and occupational professionalism. Certification includes CPR/AED/First Aid for the Professional Rescuer, fulfilling a graduation requirement. This is a two quarter class and will be offered contingent on interest.

Learn to Swim

As a part of HM's ongoing effort to achieve 100% swimming competency, students may opt to take a learn to swim class for their P.E. credit. Students will participate in instructional swimming in a small group setting. Curriculum is flexible based upon participant skill level, but will likely include: water acclimation and comforts, front and back floating, kicking skills, freestyle and backstroke, and treading water. Participants work up to being able to complete 100 yards of continuous swimming and one minute of treading.