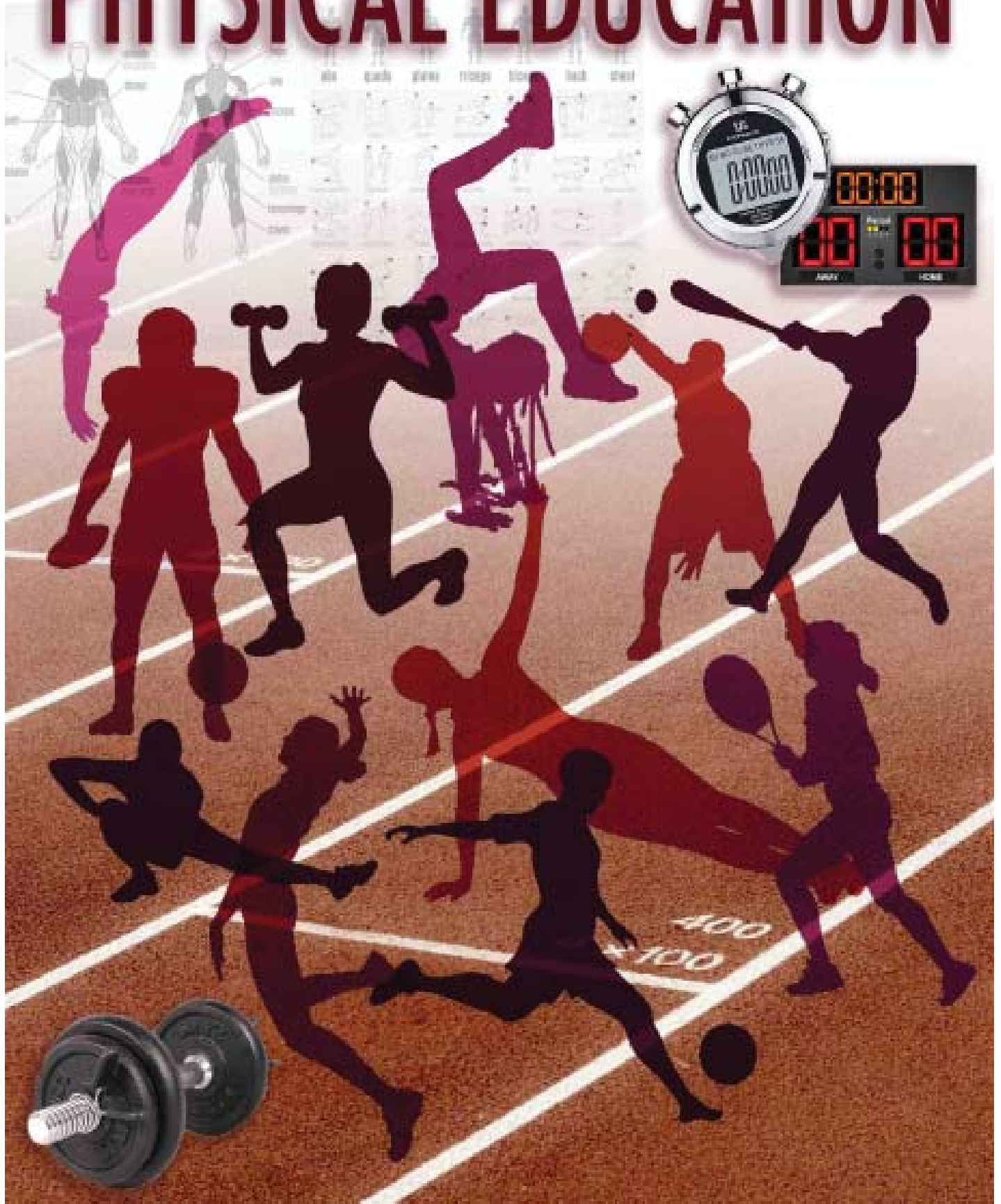


PHYSICAL EDUCATION



Physical Education 2023-2024

Health

Physical Education

Driver Education and Safety

Freshmen

Freshman Health

Freshman P.E.

Sophomores

Sophomore P.E.

Sophomore Athletic P.E.

Driver Education and Safety

Juniors

Junior/Senior P.E.

*Physical Management

Independent Study P.E.

*Junior/Senior Athletic P.E.

Adventure Education

Seniors

**indicates "Dual Credit"*

PHYSICAL EDUCATION

Mr. Christopher Cook, Chairperson
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(847) 451-3613
ccook@leyden212.org

FRESHMAN HEALTH

PEH 101, 102
 PEH 101CT, 102CT
 Required: Grade 9 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

PEH 1007 PEH 1009
 Required: Grade 9 One-Half Credit
 Prerequisite: IEP Determination
 Grade Weight: College Prep

This is a required coeducational class using a wellness approach and stressing prevention and self-responsibility through informed choices. Topics include: Physical Wellness (chronic diseases, tobacco, nutrition, weight control); Mental Wellness (self-concept, stress, relationships, assertive behavior, sexual harassment); Drug Awareness (alcohol, marijuana, other drugs, use/abuse/addiction); and Healthy Sexuality (reproductive system, pregnancy, childbirth, abstinence, birth control, STDs).

FRESHMAN P.E.

PEH 181, 182
 Required: Grade 9 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

PEH 1817, 1827
 Required: Grade 9, 10 One-Half Credit
 Prerequisite: IEP Determination
 Grade Weight: College Prep

Badminton	Basketball	Football
Fitness Testing	Soccer	Softball
Swimming	Team Building	Volleyball
Tennis	Weight Training	Wrestling

A variety of physical activities are provided for freshman students, including instruction in sport techniques for both team and individual sports. The team/individual sport units covered in this course expose students to the athletics offered at Leyden. These units will develop cooperation, trust, group dynamics, sportsmanship, and decision-making skills. The development of personal physical fitness and social-emotional wellbeing is well integrated into the program.

SOPHOMORE P.E.

PEH 221, 222
 Elective: Grade 10 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

PEH 2217, 2227
 Required: Grade 10 One-Half Credit
 Prerequisite: IEP Determination
 Grade Weight: College Prep

Badminton	Basketball	Football
Fitness Testing	Soccer	Softball
Swimming	Team Building	Volleyball
Tennis	Weight Training	Wrestling

A variety of physical activities are provided for sophomore students including instruction in sport techniques for both team and individual sports. The team/individual sports covered in this course expand on what was learned during freshman year. These units will develop cooperation, trust, group dynamics, sportsmanship, and decision-making skills. Social emotional wellbeing will be integrated into this program, and students will develop an Individual Exercise Plan based on their own physical fitness.

SOPHOMORE ATHLETIC P.E.

PEH 241, 242
 Elective: Grade 10 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

This is a rigorous P.E. class designed for the sophomore who plans to participate in one or more sophomore and/or varsity sports. This class concentrates on strengthening "core" muscle groups and improving speed.

DRIVER EDUCATION AND SAFETY

PEH 231, 232
 Elective: Grades 10, 11, 12 One-Half Credit
 Prerequisite: Sophomore standing (must be 15 years old at inception of course). *SEE SPECIAL NOTE.

Grade Weight: College Prep

Classroom Phase - Students may be scheduled by birthdate (oldest student first) for Driver Education for one quarter in lieu of their Physical Education class. Students will receive extensive instruction in basic Illinois Rules of the Road, defensive driving strategies, and critical-thinking skills in common emergency situations. Instruction and discussion in areas such as purchasing and insuring a car, driving under the influence of alcohol and drugs, and developing proper attitudes for becoming safe new drivers will be covered in the classroom phase. Wellness and safety topics include: cardiovascular, respiratory, skeletal, and muscular. This course will emphasize the components of fitness and the

principles of exercise. The students will learn the techniques of first aid and CPR/AED training.

Behind-the-Wheel - Following successful completion of the classroom phase of Driver Education, students may register for behind-the-wheel instruction during the following summer. Students will be scheduled for a two week block of time for their summer behind-the-wheel instruction. *Note: A fee must be paid before beginning the behind-the-wheel portion of the course.*

***SPECIAL NOTE:** Illinois law requires that any high school student who wishes to enroll in Driver Education must have earned four credits in the previous two semesters to be eligible to enroll in the course. Students who violate the Board of Education policies regarding substance abuse will not be permitted to participate in Leyden Driver Education until the fall of their junior year.

JUNIOR/SENIOR P.E.

PEH 371, 372

Required: Grade 11, 12 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

The junior/senior physical education program is organized so each student has the opportunity to participate in a wide variety of indoor, outdoor, individual, team, and fitness activities. The program puts emphasis on fitness, wellness, and lifelong skills. Students will be encouraged to gain an active appreciation for the positive role of physical fitness in overall health and well-being and to develop socially useful participation skills. Each semester, students will participate in four or five activities from the following list with fitness a component in each activity:

Aerobics	Badminton	Basketball
Bowling ‡	Flag Football	Floor Hockey
Golf	Soccer	Softball
Speedball	Tennis	Ultimate Games
Volleyball	Weight Training	Yoga

‡ Students will incur a small fee.

ADVENTURE EDUCATION

PEH 441, 442, 443

Elective: Grades 11, 12 One-Half Credit
 Prerequisite: None
 Grade Weight: College Prep

Students learn to set personal goals and challenge themselves. They will develop their communication, leadership, and problem-solving skills through various team building activities. They will learn to cooperate and trust each other as they work together while climbing our wall and high ropes course. **This course may be taken either or both semesters.**

JUNIOR/SENIOR ATHLETIC P.E. ☼

PEH 261, 262, 263

Elective: Grades 11, 12 One Credit
 Prerequisite: None
 Grade Weight: College Prep / Honors

This is a continuation of the strength and conditioning programs started in the Sophomore Athletic P. E. class. This class is designed for the junior and/or senior who plans to participate in one or more varsity sports.

This is a dual credit course. Students can receive college credit for successful completion of this course and is eligible to earn Honors grade weight.

PHYSICAL MANAGEMENT

PEH 251, 252, 253

Required: Grades 11, 12 One Credit
 Prerequisite: None
 Grade Weight: College Prep / Honors

Students learn principles of physical education and nutrition to gain understanding of physical well-being. Students learn to create and manage a healthy lifestyle.

This is a dual credit course. Students can receive college credit for successful completion of this course and is eligible to earn Honors grade weight.

PHYSICAL EDUCATION

Independent Study

PEH 331, 332, 333

Elective: Grades 11, 12 One-half Credit
 Prerequisite: Department Approval
 Grade Weight: College Prep

This course is designed for students to be able to exercise on their own to accomplish their individual goals. Students will meet before school for two weeks at the beginning of the semester and at the end of the semester for fitness testing. Students will set their goals based on their fitness test results and desired individual outcomes. Students will learn the importance of physical activity and the principles associated with the different types of training. Students will learn how to use a heart rate monitor to measure the effects of each workout. Finally students will learn the anatomy of a variety of body systems and how physical activity benefits each.