

PHYSICAL EDUCATION & HEALTH

The mission of the Physical Education and Health Department at Fishers High School is to provide opportunities to develop skills, knowledge, and awareness for all students through basic required courses as well as a variety of elective course offerings. The overall aim is to help students develop lifelong habits that include meaningful exercise and activity. Also, to have an understanding that health and well-being is an individual and ongoing responsibility.

3506* HEALTH AND WELLNESS EDUCATION (9, 10, 11, 12) Health Education provides the basis for continued methods of developing knowledge, concepts, skills, behaviors, and attitudes related to student health and well-being. A variety of instructional strategies are used to further develop health literacy while using the skills-based approach. Students are provided with opportunities to explore the effect of health behaviors on an individual's quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions that promote health and prevent diseases.

<u>Topics Covered:</u>	<u>Example Projects and Activities</u>
(1) Making Healthy Decisions; (2) Personality, Self-Esteem, and Emotion; (3) Mental and Emotional Health, Suicide Prevention; (5) Family Relationships; (6) Building Healthy Peer Relationship; (7) Preventing Violence; (8) Food and Nutrition; (15) Alcohol; (16) Tobacco; (17) Preventing Drug Abuse; 18 Reproduction; (19) Pregnancy, Birth and Childhood; Domestic/Dating Violence; CPR/AED Instruction; Organ Donation; Human Sexuality; Life line law; Cyberbullying and the safe use of technology	<ul style="list-style-type: none">● Group presentations● Individual presentations● Perfect Family Project● The safe use of technology● Communication skills● Three final exam projects● Current Event Writing

3500 * ADVANCED HEALTH EDUCATION/SPORTS MEDICINE I (10, 11, 12). This course is designed for the student who is interested in the medical field, especially as it relates to sports and activity. Students in Sports Medicine One will:

- Explore different careers in the Sports Medicine field (Athletic Training, Physical Therapy, etc.)
- Create rules for and design an Athletic Training Room
- Create an appropriate training program for an athlete,
- Explore legal concerns potentially facing Sports Medicine Professionals
- Explore sports nutrition basics and brainstorm healthy meal options
- Discover the basic types of wounds and how to care for them
- Discover predictors of injury and psychological conditions related to sports and how to prevent them.

Requirement: Must have received a "C" or better in Health.

3500 * ADVANCED HEALTH EDUCATION/SPORTS MEDICINE II (10, 11, 12). Sports Medicine Two expands upon Sports Medicine One but can be taken in separate school years.

Each chapter, students will:

- Focus on the anatomy of a different region of the body (Ankle, Shoulder, etc.)
- Explore mechanisms of injury to that region
- Practice diagnosing injuries and ways to treat and prevent those injuries.
- Practice assessment of injuries through role playing situations.
- **Requirement: Must have received a "D" or better in Sports Medicine I.**

* 1-semester course

** can be taken 1 or 2 semesters

single-weighted course

double-weighted course

3542 * PHYSICAL EDUCATION I (9, 10) This course is required for the freshman year. Physical Education I places an emphasis on health-related fitness and developing the skills and habits necessary for a lifetime of activity. The evaluative portion of this course will be based primarily on growth during the duration of the semester covering five fitness areas. A large emphasis is also placed on class participation. Adaptations will be made when necessary for students whose physical and/or mental handicaps limit their participation in certain activities. **PE I will require completion by the end of Summer School prior to grade 10.**

<u>Activities Covered:</u>	<u>Example Assessments</u>
(1) health-related fitness activities which will include cardio respiratory endurance, muscular strength and endurance, flexibility, speed, and body composition); (2) aerobic exercise (3) team sports (4) individual and dual sports (5) outdoor pursuits (6) recreational games (7) swimming and aquatic activities (8) yoga	<ul style="list-style-type: none"> ● Weekly exercise logs ● Weekly times runs which will include the nine-minute run and mile ● Fitness tests each nine weeks ● Written and performance based skill final exam evaluations ● Participation and preparation

3544 * PHYSICAL EDUCATION II (9, 10) Physical Education II emphasizes a personal commitment to lifetime activity and fitness for enjoyment, challenge, self-expression, and social interaction. This course provides students with opportunities to achieve and maintain a health-enhancing level of physical fitness and increase their knowledge of fitness concepts with a large emphasis on aquatic activities. The evaluative portion of this course will be based primarily on growth during the duration of the semester covering five fitness areas A large emphasis is also placed on class participation. **PE II will require completion by the end of Summer School prior to grade 11.**

<u>Activities Covered:</u>	<u>Example Assessments</u>
(1) health-related fitness activities which will include cardio respiratory endurance, muscular strength and endurance, flexibility, speed, and body composition); (2) aerobic exercise (3) team sports (4) individual and dual sports (5) outdoor pursuits (6) recreational games (7) swimming and aquatic activities (8) yoga	<ul style="list-style-type: none"> ● Weekly exercise logs ● Weekly times runs which will include the nine-minute run and mile ● Fitness tests each nine weeks ● Written and performance based skill final exam evaluations ● Participation and preparation

3560 ** ELECTIVE PHYSICAL EDUCATION: OFFICIATING 101 (11, 12) Officiating 101 gives students the opportunity to learn the rules and officiating practices of three (3) different sports throughout each semester. Semester 1 students will be offered basketball and baseball/softball, with the option of adding either track & field or wrestling. Semester 2 students will be offered volleyball and soccer, with the option of adding football or baseball/softball.

<p><u>Course Information:</u></p> <ul style="list-style-type: none"> • Course fee (\$42). Underwritten by FC athletic department. • Final exam = students will officiate a live contest: JH or freshman level with an officiating mentor present. • Students wishing to complete the licensing process will incur a \$17 fee for NFHS insurance. • A provisional license will be earned through the course – authorization to work at the freshman level and below while in high school. • Employable at any MS/JH/HS in the state of Indiana. • Employable by any youth organization, CYO, AAU, club level sport organization in Indiana. • Connection to a local officials’ association • Students will receive a mentor (a veteran official from a local officials’ organization), assigned per sport of choice. 	<p><u>Classroom Sessions:</u></p> <ul style="list-style-type: none"> • Review of virtual play clips; application of rules at “live” speed for students. • Guest speakers – veteran officials and coaches offering leadership within the art of officiating. <p><u>Court/Field/Mat Sessions:</u></p> <ul style="list-style-type: none"> • Officiating experience w/ live competition (class participants or team sport class) • Work specific to positioning and mechanics w/ veteran officials.
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3560 ** ELECTIVE PHYSICAL EDUCATION: COED RECREATIONAL GAMES (10, 11, 12) This coeducational course is designed for the student who wishes to be involved in daily physical activity beyond the freshman year. The emphasis is placed on lifetime leisure activities including but not limited to: running, yoga, badminton, ping pong, volleyball, basketball, tennis, swimming, and soccer. Students will be required to dress each day in the FHS physical education uniform and participate in all activities. **Requirement: Physical Education I and II with a "C" average recommended. A maximum of 6 total credits can be earned in elective physical education courses.**

3560 ** ELECTIVE PHYSICAL EDUCATION: WEIGHT TRAINING (10, 11, 12) This course is designed for students not participating in IHSAA sponsored sports with limited exercise and workout experience and various fitness levels. The class is designed for students who want to improve their general strength and fitness. Students will be challenged but allowed to progress at a pace and intensity level appropriate to their conditioning level. **Requirement: Complete the 2-graduation required Physical Education credits with a recommended "C" average. A maximum of 8 total credits can be earned in elective physical education courses.**

<p><u>Beginning Weight Training Requirements:</u></p> <ul style="list-style-type: none"> • Students will learn weight training techniques and fundamentals • Students will complete a challenging workout in the weight room three to four days per week • Students will work on Cardiovascular Fitness using progressive running and aerobic exercise • Students will train to improve speed, agility and explosive power • Class is designed to improve strength and fitness • Student will be challenged to improve their fitness level 	<p><u>Assessments and Evaluation</u></p> <ul style="list-style-type: none"> • Bench Press • Power Clean • Vertical Jump • Pro Agility • 40 Yard Dash
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3560 ** ELECTIVE PHYSICAL EDUCATION: ADVANCED PHYSICAL CONDITIONING; APC (9, 10, 11, 12) This course is designed for Fishers HS male and female athletes involved in an IHSAA sponsored sport or one of the following FHS Club Sports: lacrosse, rugby, volleyball. This course is for the motivated student-athlete who is serious about improving his strength, explosive power, speed, and agility through a strenuous training program involving weight training, plyometric, speed development, and agility drills. Students will be evaluated on participation, proper dress, workout log upkeep, quizzes, and improvement over the course of the semester in strength (as measured by a 1-rep max of the bench press, squat, and power clean) and explosive power and speed (as measured by 40-yard dash time, 20-yard Pro-agility test, 20-yard acceleration test, and vertical jump). **Requirement: Complete the two graduation-required physical education credits through required PE courses and/or an alternate credit option.** A maximum of 8 total credits can be earned in elective physical education courses. It is recommended that FHS athletes complete the prerequisite physical education credits by the end of their freshman year so they can enter APC as a sophomore.

CIESC COURSES

Indiana Online Academy Physical Education and Health

Any Hamilton Southeastern Schools student may take Physical Education and Health credits through CIESC's On-line Academy. The student will pay for the cost of the course and the high school will recognize the course for Physical Education credit. The remaining required physical education credit must be earned by participating in a Fishers High School Physical Education class either during the school year or a summer school class held at Fishers High School or Hamilton Southeastern High School. For more information, contact your counselor. Students are encouraged to complete these credits by the end of the summer prior to grade 11.

ALTERNATE PHYSICAL EDUCATION CREDIT GRADES 9, 10, AND 11 STUDENTS ONLY

Hamilton Southeastern Schools is offering an alternate option for 9th, 10th, and 11th graders only to earn ONE of their two Physical Education credits.

<p><u>Alternate Physical Education Requirements:</u></p> <ul style="list-style-type: none"> • Must enroll at the time of participation in sport of activity • Past participation in a sport or activity is not eligible • Must practice a min. of 3x per week for at least 1.5 hours each • Must remain in good standing for the entire season • Must actively participate for at least 80% of the season without injury • Must be a participant in the sport; not available for team managers • Must be supervised by a coach or director • Activity must include competition • Activity must take place exclusively outside the school day. Extracurricular activities only. • Must enroll for the credit to qualify • Enrollment does not guarantee credit will be earned 	<p><u>Assessments</u></p> <ul style="list-style-type: none"> • Complete four Canvas quizzes by designated deadline • Must complete the season in good standing • Must attend all practices and competitions • Must successfully complete a minimum of 80% of the season as required by each coach or director
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There are other requirements included for this credit option. For more information please ask your counselor how to locate the registration information on the FHS website. The remaining required physical education credit must be earned by participating in a Fishers High School Physical Education class either during the school year or a summer school class held at Fishers High School.

**SUMMER PHYSICAL EDUCATION OFFERED AT
FISHERS HIGH SCHOOL
May 30-June 19, 2023**

Course requirements: Summer School P.E. is physically demanding – a full semester of P.E. is condensed into 15 days. Due to the physical intensity of the course, which includes running a mile each day, some students find that taking the course during the school year to be a better fit. That being said, due to the condensed time frame of summer school, there will be no accommodations allowed for non-participation in any PE activity at any time, including swimming. Additionally, P.E. students should wear school appropriate shorts, T-shirts w/sleeves (dress code appropriate), socks and tennis shoes. Swimsuits need to be appropriate for school.

SUMMER SCHOOL ATTENDANCE REQUIREMENT:

Regular attendance at summer school is critical. A student may miss up to 10 hours (2 days) of excused absence, if necessary. Any student who exceeds 10 hours (600 minutes) of excused absence will be removed from summer school with no credit given. **THERE ARE NO EXCEPTIONS MADE. WHEN A STUDENT EXCEEDS THE 10 HOURS OF EXCUSED ABSENCE THEY ARE WITHDRAWN FROM SUMMER SCHOOL.**

*****THERE WILL BE NO SCHOOL BUS TRANSPORTATION***