

PHYSICAL EDUCATION DEPARTMENT

Aaron Lands, Department Chairperson

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1 Semesters 1/2 credit per semester

Open to all levels

Prerequisite: None

Core Courses

- Freshman Physical Education – Includes six (6) freshman-specific activities
- Sophomore/ Junior/ Senior Physical Education- Includes six (6) upperclassmen- specific activities

As an outgrowth of physical well-being, all activities in life are determined. Our aims are compatible to those of general education, providing experience through a variety of physical activities that place students in situations, which offer physical, mental, social and emotional involvement. Students' reactions to those situations are directed toward socially-acceptable standards for a richer and more complete adult life. Courses range from requirements to individual selections.

The following is a list of activities used to accomplish the goals projected for the next four years. *Except where otherwise indicated, all of the activities are offered to both boys and girls.*

Team Sports – Soccer, Speed-a-way, Field Hockey, Basketball, Power Volleyball, Softball, Flag Football

Individual Activities – Archery, Golf, Tennis, Self Defense, Track and Field, Bowling, Badminton, Weight Lifting, Wrestling

Intramurals – Archery, Swimming, Tennis, Basketball, Bowling, Ping Pong, Softball, Badminton, Volleyball, *Flag Football (boys only)

Recreation – Table Tennis, Horseshoes, Croquet, Recreational Games

Dance/Rhythm – Square Dance, Lummi Sticks, Tinikiling, Rope Jumping

ADAPTIVE PHYSICAL EDUCATION

Open to all levels

1/8 credit

Prerequisite: Department Chair consent

This class is physical education for students who may have chronic diseases, physical disabilities, and verbal or mental impairments. Emphasizes the benefits of fitness, recreation and rehabilitation.

INTER-SCHOLASTIC ATHLETICS

Open to any OTHS student who has passed four (4) or more academic classes the previous semester

Prerequisite: None

Fall – Boys' Cross Country, Football, Soccer, and Golf; Girls' Tennis, Volleyball, Cross Country and Golf

Winter – Boys' Basketball and Wrestling; Girls' Basketball and Wrestling

Spring – Boys' Track, Tennis, and Baseball; Girls' Track, Softball and Soccer

The girls' program also includes Cheerleading and Dance Team squads.

ELECTIVE COURSES

Total Body Fitness

Open to sophomore, junior, and senior females

Prerequisite: Completion of freshman Physical Education or Health Education

This is a semester course offered to female students in grades 10, 11, & 12. Total Body Fitness is intended for the student who is sincerely interested in improving or maintaining her overall fitness level. The class includes physical workouts in cardio, muscular strength and endurance, flexibility, and balance, along with instruction on basic fitness concepts. A variety of physical workouts are offered in order to help the student achieve fitness goals. This training includes aerobics, steps, cardio-walking, circuit/station training, weights, and plyometric. Students will be able to develop personalized fitness programs and achieve their goals by applying the Principles of Progression, Overload, Frequency, Intensity, and Time.

SPORTS P.E.

Open to sophomores, juniors and seniors currently involved with an athletic program at OTHS

Prerequisite: Recommendation of Varsity coach (must be participating in IHSA-sanctioned sport)

Sports P.E. is physical education designed to enhance the physical production of our students participating in IHSA interscholastic activities. The course consists of physical strength training broken down into three phases and plyometric circuit training to enhance the athletes' speed and agility. A variety of other topics related to athletics are covered, including: college preparation, NCAA clearinghouse information, collegiate contacts, and recruiting guidelines, body mass index, body fat percentage, nutritional values of an athlete, and the pros and cons of nutritional supplements.