

The Health and PE department is proud to announce our great selection of courses! Sign-up for a class designed to meet your individual needs. Students will receive a letter grade in ALL PE classes which can improve GPA. Also Health and PE is offered during a ZERO PERIOD class. These classes meet BEFORE school for students who cannot fit their Health and/or PE class into their daily schedule!

No required PE uniform!



Physical Education Courses: 1 semester= 1/4 credit

Yoga

Looking to relieve stress and anxiety? Want to improve fitness levels such as muscular strength and endurance, flexibility, cardiovascular endurance and balance? Then this yoga class is for you! This class counts as either a Physical Education or elective credit and you can take it more than once. This class will teach students the basics of yoga and mindfulness. Students will participate daily in different types of yoga: power yoga, slow flow yoga and relaxation yoga. Students will keep a journal and learn stress management strategies. Mindfulness will be a part of the daily practice.

SAQ (Strength, Speed, Agility and Quickness Training)

The purpose of SAQ is to improve a student's overall strength, balance, stability, coordination, quickness and speed. SAQ training is a series of drills and exercises that develop the body's core muscle groups and neuromuscular pathways that control athletic movement. Benefits to taking this class include decrease risk of injury, improve overall strength, greater flexibility and greater self-esteem and confidence.

Sports and Activities

Students will participate in a variety of competitive and non-competitive units, offered in team and individual activities or a lifetime fitness format. Basic to intermediate skills will be applied while learning the strategy of the activity. Activities are chosen individually, allowing students to elect a program that best meets their areas of interest.

Competitive Sports

This class is designed to meet the needs of any student who would enjoy participating in team and individual sport activities in a more competitive environment. Students will enjoy competing in many of, but not limited to, the activities offered in our Sports and Activities Class. The performance level of this class will have a competitive intramural atmosphere enhanced by student's development of teamwork, sportsmanship, and effort.

Personal Fitness:

This class is offered to students who would like to maintain or improve overall fitness levels. Activities are set to music and include but are not limited to, HITT workouts, yoga, pilates, weight training, and core training. Discussions about nutrition, basic techniques and training principles are also covered. Students experience a class that is fun and personally geared to their progress.

Basketball:

Students will get an enriched experience in a semester of basketball; it includes game play and competition; strengthening of basketball skills through a variety of drills and overall improvement in basketball knowledge and strategies.

Zero-Period PE Classes:

Students will be able to fulfill their PE and/or Health requirement during zero-period before the school day begins. This will allow students the flexibility they need to take other courses during the regular school day. This class will offer a wide variety of popular activities for the students. Students will be given enough time to shower and get ready for school in the varsity locker rooms. This class will run from 6:45-7:35 at Solon High School.

Option A: SAQ

Students will learn how to utilize the weight room and be given a workout program to improve overall strength, speed, agility and quickness.

Option B: Sports and Activities

Students will be exposed to a variety of activities based upon numbers, season and availability.

Option C: Yoga

Students will learn yoga and mindfulness for mental and physical well-being. A great way to start the school day!

HEALTH EDUCATION

*The first wealth is health.
(Ralph Waldo Emerson)*

Health: 1 semester: 1/2 credit (can be taken at any grade level 9-12)

Required for graduation

Students will be provided with current information to develop healthful attitudes and behaviors. This course will encourage students to examine their lives, apply their values, insights and skills to everyday situations. After a brief introduction to the subject area, the following topics will be discussed: Physical Health, Mental Health, Communication, Relationships, Substance Abuse, Human Sexuality, and STD's.

Zero Period Health

Need flexibility in your schedule? Students can take Health before school starts from 6:45-7:35 to fulfil the graduation requirement.

MEET THE HS HPE TEAM:

Melissa FitzGerald:

Health and PE Department Head and teacher,
Certified Yoga Instructor,
Yoga Coach for Swimmers,
Former Varsity Volleyball coach, Basketball
Coach, XC Asst. Coach
melissafitzgerald@solonboe.org

LeAnn Cinadr:

Health and PE teacher, Former Varsity
Softball Coach, Former Asst. Athletic Director

Trish Kruse:

PE teacher, Certified Yoga Instructor, Varsity
Girls Basketball Coach, Former Asst. Volleyball
coach, tennis coach

Travis Fankhauser:

Health and PE teacher, Middle School
Football, Basketball and Tennis Coach



*If you have any questions please
see either a Physical Education
teacher or your guidance coun-
selor! You can also email us at
the High School*