

PHILOSOPHY OF THE PHYSICAL EDUCATION DEPARTMENT

Recognizing that wellness incorporates all aspects of being, the Lemont High School Physical Education Department believes students should develop the following characteristics:

- Understanding that the core of wellness education – personal well-being and life long learning – enhances the quality of life for the individual and the community
- Commitment to growth in the physical, mental, social and emotional aspects of life
- Responsibility for their well-being and intellectual growth over a lifetime

Courses offered within the Physical Education curriculum provide resources, information, assessments and activities that empower all students with the knowledge and understanding to make informed, health-promoting decisions. The department implements a safe, supportive environment that acknowledges individuals' similarities and differences. The department is comprised of courses in Physical Education, Health and Driver Education.

Based on their abilities and course level, students shall:

- Develop a sense of self discipline
- Assess risks, consider potential consequences, and make health-enhancing decisions
- Understand and communicate health information clearly for self-management and health promotion

Students are expected to:

- Dress in school uniform for each class to promote consistency, school pride, self discipline and hygiene (school-issued sweatpants are available at an additional cost and are the only acceptable alternative to wearing the required uniform)
- Participate to the best of their abilities in class activities
- Demonstrate sportsmanship and cooperation in class activities
- Master concepts related to activity, including knowledge of rules and objectives
- Bring their elastic heart monitor strap to class daily and understand the training benefits that a heart rate monitor affords

Grading Standards: Student grades are determined based on their performance on specific physical education activities, cardiovascular conditioning and written tests. Students are expected to put forth their best effort - regardless of ability or talent - while also working outside of class to improve their fitness scores and receiving daily grades for their participation. New tattoos or piercings are not valid medical reasons for not participating in class. All courses are applied towards students' cumulative grade point averages.

Illinois FitnessGram: The primary goal of the FitnessGram program is to promote regular physical activity among all youth. Of particular importance is promoting activity patterns that lead to reduced health risks and improved health-related physical fitness. As part of the FitnessGram program, all students in Physical Education classes are required to participate in a state-mandated fitness test twice yearly; aggregate data for sophomores (with names excluded) is provided to the Illinois State Board of Education annually.

Physical Education

CORE COURSES - PHYSICAL EDUCATION

Health Education

Grades Course Open To: 9 **Credit:** 0.5

Prerequisite: None

Description: This course is designed to help students realize the importance of health, wellness and safe living. Students are presented with information based on the three aspects of health, present day problems, systems of the body, and careers in health-related fields. Textbooks, current health-related articles, visual materials and models of various systems all enhance students' learning experience, and technology is incorporated into the curriculum when appropriate. Students are expected to acquire knowledge needed to live a life abundant with health, wellness and safety, and be able to make health-related decisions in a mature and educated manner throughout their lives. Topics of study include the definition of physical, mental and social health, nutrition, physical fitness, diseases, drug use, the cycle of life, systems of the body and AIDS education.

Physical Education I

Grades Course Open To: 9 **Credit:** 0.5

Prerequisite: None

Fees: Physical Education package (shorts, shirt, lock)

Description: This course employs a structured format designed to build students' foundations in the areas of team building, fitness, and individual and team activities, as well as how to effectively respond to emergency situations through Cardiopulmonary Resuscitation (CPR) training. Activities include team building, team games, physical fitness principles, heart rate monitor usage for improving cardiovascular fitness, indoor wall climbing, badminton, tennis, and CPR. Students are expected to show evidence of the knowledge acquired during each unit by taking unit tests and a written final exam. Students **must** wear their physical education uniform daily.

Physical Education II

Grades Course Open To: 10 **Credit:** 1.0

Prerequisite: Successful completion of Physical Education I

Fees: Physical Education package (shorts, shirt, lock) - if replacements are needed

Description: This course provides students with a foundation for basic concepts of physical education and wellness. Students participate in five activities each semester that are designed to expand their skills and knowledge in the areas of individual and team activities. Each activity takes place over an eight-day period, and students are assessed throughout the semester. Students **must** wear their physical education uniform daily. Students' grades are frozen while they are out of class during the six-week "Behind the Wheel" phase of Driver Education.

Physical Education III & IV

Grades Course Open To: 10-11-12 **Credit:** 1.0

Prerequisite: Successful completion of Physical Education II

Fees: Physical Education package (shorts, shirt, lock) - if replacements are needed

Description: In this course, students choose five activities per semester, with each taking place over eight class periods. These activities expand students' skills and knowledge in the areas of individual and/or team activities. Students may have written and/or skill tests for each activity, and a fitness test during each activity unit. Basic motor skills of individual and team sports are emphasized, as are advanced skills when appropriate. Advanced knowledge of some individual and team sports, physical fitness, wellness and heart rate monitors is stressed. Students **must** wear their physical education uniform daily.

Physical Education

ELECTIVE COURSES - PHYSICAL EDUCATION

Adaptive Physical Education

Grades Course Open To: 9-10-11-12 **Credit:** 0.5

Prerequisite: Doctor's diagnosis and recommendation

Description: Offered as an alternative to Physical Education I, II, III or IV for students who are on permanent medical restrictions, this course gives students written assignments that are due at the end of each period. Topics assigned could be related to the activity in progress, nutrition, general fitness, careers in recreation, or on a subject agreed upon by both the student and instructor. Students on limited or restricted physical education remain in the regular class and participate according to a checklist provided by a physician.

Athletic Performance

Grades Course Open To: 10-11-12 **Credit:** 1.0

Prerequisite: Approval by the course instructor and the student's coach(es)

Fees: Physical Education package (shorts, shirt, lock) - if replacements are needed

Description: This course is designed to give students the physical foundations needed for athletic competition, and - for sophomores, juniors and seniors - substitutes for the regular Physical Education course. It is divided into three phases: pre, in and offseason. The class focuses on increasing strength, improving conditioning, building agility and quickness, boosting lateral and straight line speed, enhancing flexibility, and hand/eye coordination during each phase of a season. This is done through strength training, ground based training, plyometrics, foot ladders, dot drills, jumping rope, and core exercises. Each athlete's program is completely individualized, taking into account their specific needs, goals, and athletic abilities. This approach ensures students receive tailored training that maximizes their potential and minimizes risk of injury. By actively participating and committing to the program, students can expect to see improvements in their athletic performance, injury prevention, and overall physical fitness.

Advanced Athletic Performance

Grades Course Open To: 10-11-12 **Credit:** 1.0

Prerequisite: Approval by the course instructor and the student's coach(es)

Fees: Physical Education package (shorts, shirt, lock) - if replacements are needed

Description: This course is designed to give students the physical foundations needed for athletic competition, and - for sophomores, juniors and seniors - substitutes for the regular Physical Education course. It is divided into three phases: pre, in and offseason. The class focuses on increasing strength, improving conditioning, building agility and quickness, boosting lateral and straight line speed, enhancing flexibility, and hand/eye coordination during each phase of a season. This is done through strength training, ground based training, plyometrics, foot ladders, dot drills, jumping rope, and core exercises. The development of lean muscle mass helps students avoid injury and heal more quickly if an injury does occur. An athlete's program is completely individualized. Dedication to the class enhances students' success and gives them a competitive edge. **Note:** Advanced Athletic Performance intensities and volumes are greater.

Physical Education

Female Fitness Concepts: Advanced Athletic Performance for the Female Athlete

Grades Course Open To: 10-11-12 **Credit:** 0.5

Prerequisite: Successful completion of Physical Education I

Fees: Physical Education package (shorts, shirt, lock) - if replacements are needed

Description: This course is designed to maximize athletic performance and function, decrease injury, and increase overall health and wellness specific to female students and athletes. Women's health issues that young women are faced with, including heart disease, breast cancer, menstruation, self worth, and self defense, all are discussed. Workouts are sport specific and include major and auxiliary muscle group training through weight lifting, speed and agility exercises, anaerobic and aerobic workouts, High-Intensity Interval Training (HIIT), and flexibility movements. Topics such as nutrition and individualized goal setting also may be included.

Junior Honors Physical Education Leadership Program

Grades Course Open To: 11 **Credit:** 1.0 - Honors credit

Prerequisite: Successful completion of Physical Education I and II, cumulative GPA of 3.0 or better, and recommendations by Physical Education teachers and staff

Fees: Cost of required t-shirt (pre-ordered at end of sophomore year)

Description: This Honors level, methods course satisfies the Physical Education requirement for juniors. Students must apply for and be accepted into the program, which trains students to increase their lifelong leadership skills and prepares them to be Physical Education leaders as seniors. Skill development and analysis, officiating rules and techniques, teaching progressions, and methods of organizing and administering various types of activity classes (to assist instructors in routine classroom duties) are all emphasized. Students are expected to participate in class, complete written and practical assignments, maintain a year-long notebook and log, receive their CPR Certification, and display good character and responsible behavior.

Outdoor Education

Grades Course Open To: 12 **Credit:** 0.5

Prerequisite: Successful completion of Physical Education I, II and III with a B average in those courses; no major discipline; no use of a Physical Education waiver as a junior or senior; and approval of the course's instructor

Fees: Course fee applies (paid at fall registration)

Description: This course provides an alternative to traditional physical education in the spring semester, with an emphasis on outdoor education, recreational and adventure-related activities. Students in the course will utilize The Forge for a variety of activities. In addition, book study, simulation and practical learning (when available) are all applied. Activities may include wilderness first aid, high ropes course, team building and cooperative learning skills, camping skills, outdoor cooking, fly and bait cast fishing, basic canoeing, kayaking skills, snowshoeing, cross country skiing, outdoor biking, indoor climbing/rappelling wall experience, and outdoor survival skills.

Physical Education

Senior Honors Physical Education Leadership Program

Grades Course Open To: 12 **Credit:** 1.0 - Honors credit

Prerequisite: Grade of B or better in Junior Honors Physical Education Leadership Program

Fees: Cost of required t-shirt (pre-ordered at end of junior year)

Description: This Honors level course satisfies the Physical Education requirement for seniors, and provides students with the chance to apply the training they received in the Junior Leadership course. Students are required to enroll for one period of laboratory experiences for the year, and are assigned as a student leader to a Physical Education I or II instructor. Student leaders primarily assist instructors with routine classroom management, small group instruction of basic skills, and officiating course activities. Students are expected to demonstrate exemplary leadership in and out of the classroom, and attend four predetermined leadership group, in-house workshops throughout the year.

Yoga

Grades Course Open To: 11-12 **Credit:** 0.5

Prerequisite: Successful completion of Physical Education I and II

Description: Students in this class participate in a standard 60-minute Vinyasa flow class each period. An emphasis is placed on foundational postures and yoga basics. The class is teacher-led, and students follow the instructor's demonstrations and verbal commands. Each class builds on previous sessions, and as students advance in their practice, fuller expressions of each pose are offered. This allows students to practice their yoga according to their abilities. Students are assessed on their participation, cooperation, effort, yoga etiquette, respect of others, and fitness testing. Students **must** wear appropriate yoga attire (which will be discussed in class) and supply their own yoga mat.

CORE COURSES - DRIVER EDUCATION

Driver Education (Classroom)

Grades Course Open To: 10-11-12 **Credit:** 0.5

Prerequisite: Sophomore status, and meeting academic standards established by state law

Fees: Course fee applies (paid at fall registration)

Description: This course covers the contents of the "Uniform Vehicle Code," the safe operation of a motor vehicle, a driver's mental and physical makeup, and general safety, including that of motorcycles and pedestrians. Classroom work includes lectures, discussions, audiovisual aids and various exercises. High school students who complete Driver Education have fewer crashes, personal injuries, traffic violations, drunk driving arrests and license suspensions, as well as less direct economic loss due to crashes. Students who miss more than five classes for any reason fail the course. Completion of the classroom portion of Driver Education from Lemont High School is applied toward the Physical Education requirement. Students must complete Driver Education in order to graduate from Lemont High School.

Units of Instructions

Signs, Signals & Roadway Markings	Driving in Rural Areas
Basic Car Control	Driving on Expressways
Managing Risk with the IPDE Process	Driving in Adverse Conditions
Natural Laws & Car Control	Handling Emergencies
Performing Basic Vehicle Maneuvers	Effects of Driver Condition
Negotiating Intersections	Alcohol, Other Drugs and Driving
Sharing the Road with Others	Insuring a Vehicle
Driving in Urban Traffic	Maintaining Your Vehicle