

Physical Education & Health

The Physical Education Program recognizes the wide range of abilities and interests of its students and seeks to offer choice and flexibility while maintaining optimal standards and requirements. By engaging in sports, fitness activities, and essential life-saving skills, students develop lifelong commitments to physical activity, prioritize health and fitness, and enjoy an engaging environment.

Requirements:

Continuous enrollment in Physical Education Electives*, Dance Workshop for PE Credit, or Dance Performance for PE Credit

Health 1

Health 2

Certification in CPR/AED for Professional Rescuers
(completed as part of the Health 2 curriculum)

* Physical Education Electives can be replaced by team membership or an approved Independent Out-of-School Athletic Contract.

PHED 210 - Physical Education Electives *Meets five days in every ten-day cycle*

Prerequisites: None

Students participate in a program that provides the most up-to-date information on strength-development/conditioning regimens and activities that develop personal living skills, integrate physical skills, and lead toward the objective of selecting appealing physical activities available outside of class.

Students register for particular activities (i.e. Physical Education Elective options, Health 1 or 2, athletic team participation, Out of School Athletic Contract) three times per year during PE Orientations, which occur in all Physical Education classes at the beginning of each athletic season.

Physical Education Electives include:

Cardiovascular Fitness: Students identify their target heart rate zone and learn how to achieve it through various endurance and muscle toning workouts.

Group Sports: Students participate in both individual and team sport activities. They learn the rules of play of each sport or activity and the fundamental skills necessary to enjoy them. Seasonal offerings include: soccer, floor hockey, tennis, table tennis, golf, horseshoes, bocce, jogging, flag football, volleyball, basketball, softball, speedball, team handball, and ultimate frisbee.

Lifeguarding: Students completing this course become American Red Cross certified lifeguards. Students learn all facets of the lifeguarding profession including lifeguarding skills to prevent, recognize, and respond to aquatic emergencies, risk management, and occupational professionalism. Certification includes CPR/AED/First Aid for the Professional Rescuer. This is a trimester class and is offered contingent on interest.

Sports Commentary: In this course, students will learn how to become the voice of live events by developing skills in vocal delivery, storytelling, and analysis. The curriculum covers every stage of the broadcast process, from research and game preparation to on-air presentation, ethics, and the effective use of broadcast technology. By the end of the course, students will be equipped to provide insightful, engaging, and professional live coverage across livestream and podcast platforms.

Weight-training: Students are taught the proper use of equipment as well as the effects of its use on the body. Periodic assessments test students' progress, general knowledge of the human anatomy, and the equipment used to work specific muscle groups.

Yoga: Students explore multiple yoga styles, emphasizing strength, flexibility, and breathing practices. Classes also incorporate mindfulness meditation for relaxation and concentration.

PHED 212 - Dance Workshop for PE Credit

*Half credit, Meets five days in every ten-day cycle Prerequisites: None
Students taking this class for PE credit can be excused for one-third of the academic year in order to take Health 1 or Health 2, or play on a school athletic team.*

Dance Workshop emphasizes the development of a strong technical base in American classical forms including Ballet, Modern, Jazz, Tap and Hip Hop, as well as Pilates and/or Yoga, and World Dance influences. Training includes warm-ups, improvisation, stretching exercises, and traveling combinations. Rhythmic awareness and the relationship between music and dance will be emphasized throughout. Dance is a performing art and as such, there is the potential to share our work with the greater Horace Mann community throughout the year. Performance and/or participation in the annual Winter Dance Concert and two dress rehearsals is required. Students are also required to attend one off campus field trip. Additional assignments to encounter live dance of students' choice and on their own time may also be a part of this course.

PHED 313 - Dance Performance for PE Credit

*Meets five days in every ten-day cycle
Prerequisites: Approval of the instructor
Participation in after-school sports or Health Class does not exempt students from Dance Performance.*

This course builds upon the foundations established in Dance Workshop and finally places the emphasis on performance. The course culminates in multiple presentations throughout the year. Performance in the annual Winter Dance Concert and two dress rehearsals is mandatory. Students are also required to attend one off campus field trip.

Other options to be selected at PE Orientation

Health 1

Graduation Requirement

Meets five days in every ten-day cycle for one season (one-third of the academic year)

Prerequisites: None

Grade 10

Health 2

Graduation Requirement

Meets five days in every ten-day cycle for one season (one-third of the academic year)

Prerequisites: None

Grade 12

The Health curriculum provides an interactive forum between students and teachers to understand health issues. As students acquire knowledge and obtain skills, they gain the self-confidence and sense of responsibility necessary for making decisions that affect their quality of life. Health includes: lectures, research, role-playing, guest speakers, written and oral reports, movies, hands-on activities, and interactive group discussions. The skills students learn form a basis for exploration in areas such as: health and wellness, behavior change, substance use and misuse, sexuality and sexual health, relationships, stress, sleep, mental health, nutrition, and disease risk reduction. In Health 2, students will learn how to provide first aid in emergencies and receive certification in CPR/AED for Professional Rescuers. This certification course integrates the lifesaving skills of rescue breathing, first aid for choking, and CPR with AED.

Out-of-School Athletic Contracts

Departmental approval required

Grades 10-12

Students may be permitted to use out-of-school activities for physical education credit. Students will be limited to activities not offered by the school during the same athletic season, and those activities must meet minimum athletic team standards equal to those offered at school. A contract will only be allowed for one athletic season per school year. An athletic contract request for a sport in season is not permitted.

Contract forms must be submitted on or before the first day of each athletic season. **Late submissions will not be accepted.**