

PHYSICAL WELFARE



Philosophy Statement

The ultimate goal of our comprehensive health and physical education programs is to aid students in achieving their potential through the acquisition of knowledge and skills necessary to attain healthy levels of well-being and maintain active lifestyles throughout their life. The foundation of the program is the interrelationship of physical, mental, emotional, and social health and well-being. Learners will establish a solid foundation for maintaining healthy, active, and productive lives. Learners will develop movement skills leading toward, competency in self-selected activity, healthy levels of fitness, and cooperative interaction skills needed for successful participation. Teamwork and cooperative skills are used to work effectively with others, set individual and group goals, solve problems, and enhance the quality of interpersonal relationships. Learners will communicate and work in ways that promote and maintain dignity and respect for themselves and others. Through mastery of knowledge, skills, and behaviors essential to healthy living, learners will accept responsibility and consequences for personal decisions and behaviors. The result of persons leading healthy and physically active lifestyles is seen in an increased capacity for effective work, positive behavioral choices, and increased academic success.

Physical Welfare *Course Descriptions*

Activities for Lifetime Fitness

Course No.: 8563F, 8564S

Prerequisite: None

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Activities for Lifetime Fitness assesses current levels of individual fitness and instructs on the knowledge and skills to develop and individualized fitness plan. Students will receive instruction in the essential skills and strategies in a variety of fitness and recreational activities. They will use these activities as a means to improve and/or maintain various aspects of their health-related fitness. These activities will include but are not limited to basketball, soccer, flicker ball, team handball, volleyball and softball.

Students will also participate in individual fitness activities that promote cardiovascular fitness and strength. These activities will include but are not limited to:

Circuit Training includes a combination of running and strength activities. Sprinting, jogging, jumping rope, calisthenics, and strength band exercises are among the activities in which students will be participating.

Distance Running is for those students who enjoy this activity for fitness. Students will use runs (both on and off campus) of at least 1.5 miles for cardiovascular training. Participants are expected to dress for outdoor weather.

Fitness Center students will choose cardio activities in the form of stationary biking, treadmill, U.B.E. and/or strength activities on individual selectorized machines.

Interval Training uses running for short distances and repeat training with regulated rest intervals to improve fitness. The activities in this unit also include plyometrics, jump rope work, and agility exercises. This class may be indoors or outdoors.

Group Exercise: Aerobic Dance, Calisthenics, Pilates, Dance Revolution, etc.

In all the above Polar Heart Rate Technology will be used to teach about perceived exertion, as well as individualized evaluation of intensity during participation in individual fitness, dual sport, and team activities. Tracking of student participation in these activities will be done through the use of FitLinxx technology.

Dance I

Course No.: 8521F, 8522S

Prerequisite: None

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Dance I is a beginning level class for students with little to no previous dance experience. Dance I is open to sophomores, juniors and seniors. This class offers students the opportunity to learn basic elements and techniques of dance. Various styles of dance including jazz, modern, ballet and tap will be taught. Students will choreograph dance routines and perform their original compositions. All students will participate in fitness activities and the development of an individual fitness plan. Students will be expected to develop both artistic skills and personal fitness throughout the course. Dance I may be repeated for a maximum of three semesters. After completing three semesters of Dance I, the student must either audition and receive permission for placement in Dance II or register for another course in the PE curriculum. Students who have already taken Dance II or Dance III may not register for Dance I without teacher's permission. There will be no exemptions granted in Dance I.

Dance II

Course No.: 8523F, 8524S

Prerequisite: Placement audition

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Dance II is an intermediate level class for students with a minimum of one year of previous dance experience. Registration for this class will be based on audition and teacher placement. Dance II is open to approved sophomores, juniors and seniors. This class offers students the opportunity to learn intermediate elements and techniques of dance. Various styles of dance including jazz, modern, ballet and tap will be taught. Students will choreograph dance routines and perform their original compositions. All students will participate in fitness activities and the development of an individual fitness plan. Students will be expected to develop both artistic skills and personal fitness throughout the course. Dance II may be repeated for a maximum of three semesters. After completing three semesters of Dance II, the student must either audition and receive permission for placement in Dance III or register for another course in the PE curriculum. Students who have already taken Dance III may not register for Dance II without teacher's permission. There will be no exemptions granted in Dance II.

Dance III

Course No.: 8528

Prerequisite: Placement audition

Credit: 0.5 / Full Year

Fees:

Grades: 11, 12

Other:

Dance III is an advanced dance class with an emphasis placed on the development of advanced techniques in numerous dances forms as well as creative expression, aesthetic discrimination, and performance qualities. Registration for this class will be based on audition and teacher placement and is open to juniors and seniors only. Students will produce and perform dance choreography, showcasing this work several times throughout the year. During the Fall Semester, students will participate in an evening curricular concert, semester showcase performance, and the fall demonstration performance. During the Spring Semester, students will participate in the Orchestral Concert, as well as the semester showcase performance. Fitness days will continue to be a regular part of this curriculum. Students enrolled in this class will not be permitted to exempt from physical education any time during either semester. Sections and class size will be limited.

Freshman Physical Education

Course No.: 8503F, 8504S

Prerequisite: None

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 9

Other:

Freshman Physical Education introduces students to the concepts, knowledge, and skills in our health-related, fitness based physical education program. Students will also learn sports-related skills while participating in various sports, leisure, and fitness activities. These activities may include but are not limited to racket sports, soccer, flicker ball, basketball, team handball, volleyball, swimming, and individual fitness activities including weight training, various running activities and the use of Polar Heart Rate technology. An additional semester of Health education is required for all freshmen.

Health

Course No.: 8507F, 8508S

Prerequisite: None

Credit: 0.5 / Semesters 1 and 2

Fees:

Grades: 9

Other:

Students are assigned to complete one semester of **Health**. This course is taken in lieu of one semester of physical education. The program includes the study of emotional health, use and abuse of tobacco, alcohol and drugs, nutrition, diet, weight control, and sexual health issues.

Integrated Physical Education

Course No.: 8510

Prerequisite: Placement and/or application

Credit: 0.5 / Full Year

Fees:

Grades: 10, 11, 12

Other:

Integrated Physical Education focuses on enhancing the students' physical fitness and motor skills, self-confidence, self-image, friendships, and social skills; skills that will be used the rest of their lives. Students will participate in aquatics, track and field, floor hockey, soccer, football, strength training, badminton, softball, gymnastics, bocce ball, bowling, basketball, and volleyball. Integrated Physical Education also encourages students to participate in Special Olympics Illinois. Student leaders assist and mentor each special needs student to help provide him/her successful experiences. Leaders are required to fill out an application to be accepted into the program. Students enrolled in this class will not be permitted to exempt from Physical Education at any time during the year.

Junior Leaders

Course No.: 8520

Prerequisite: A fitness level at or above 85 on the VHHS physical welfare fitness scale and recommendation of a physical welfare instruction from a previous course.

Credit: 0.5 / Full Year

Fees:

Grades: 11

Other:

Junior Leaders is a course that fulfills all of the state standards required in the core physical welfare program. Additionally, students will be taught leadership techniques (including problem solving, decision making, and understanding group dynamics), will be given the opportunity practice these skills, and will model these skills while working with their peers in one-on-one and small/large group settings.

Lifeguard Training

Course No.: 8531F, 8532S

Prerequisite: Be able to swim 300 yards non-stop, using front crawl and breast stroke, swim 20 yards to retrieve a 10lb brick from the bottom of the pool and return back 20 yards with the brick.

Credit: 0.25 / Semesters 1 and 2

Fees: \$85.00

Grades: 10, 11, 12

Other: Students who earn an "A" or "B" may repeat this course for grade and credit. Heart Rate Monitors will be worn as part of their grade.

Lifeguard Training is offered to students who wish to complete the American Red Cross Lifeguard Training certification which will be awarded upon completion of all the required components. Students enrolled in this class

will not be permitted to exempt from physical education at any time during the semester.

Outdoor Adventure Challenge I

Course No.: 8537F, 8538S

Prerequisite: Students must be able to swim and have a fitness level at or above 85 on the VHHS physical welfare fitness scale.

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Outdoor Adventure Challenge I allows students to gain knowledge and insight into a variety of challenging outdoor activities. Lifelong skills are acquired through participation in rock climbing, repelling, and initiatives, camping, back-packing, kayaking, and snowshoeing. Students will be required to keep a journal of their experiences. As participants in these activities, students will gain self-confidence, learn to build trust, develop effective communication skills, and learn important cooperative behaviors. Successful completion of these Outdoor Activity and Life skills will be required for enrollment in Outdoor Adventure Challenge II. Students enrolled in this class will **not** be permitted to exempt from physical education at any time during the semester, or repeat the class for credit.

Outdoor Adventure Challenge II

Course No.: 8547F, 8548S

Prerequisite: Successfully Complete Outdoor/Adventure Challenge I and a fitness level at or above 85 on the VHHS physical welfare fitness scale.

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Outdoor Adventure Challenge II provides students the opportunity to participate in several activities that were not offered in the Outdoor/Adventure Challenge I level course as well as activities similar to those encountered in Outdoor/Adventure Challenge I but at a more rigorous level/pace. As participants in these activities, students will continue to gain self-confidence, learn to build trust, develop effective communication skills, and learn important cooperative behaviors. Activities in the course include camping, snorkeling, advanced climbing, and high rope course. Students enrolled in this class will **not** be permitted to exempt from physical education at any time during the semester, or repeat the class for credit.

Senior Leaders

Course No.: 8570

Prerequisite: Junior Leaders, fitness level at or above 85 on the VHHS physical welfare fitness scale, and recommendation of the Junior Leaders instructor.

Credit: 0.5 / Full Year

Fees:

Grades: 12

Other:

Senior Leaders is a course that fulfills all of the state standards required in the core physical welfare program. Students will be randomly assigned to a physical welfare class to act in a leadership capacity to model and improve upon the leadership techniques/skills learned and practiced in their Junior Leaders course. Students enrolled in this class will not be permitted to exempt from physical education at any time during the year.

Weight Training and Conditioning

Course No.: 8591F, 8592S

Prerequisite: A fitness level at or above 85 on the VHHS physical welfare fitness scale or placement.

Credit: 0.25 / Semesters 1 and 2

Fees:

Grades: 10, 11, 12

Other:

Weight Training and Conditioning is offered to students who are interested in improving their strength and cardiovascular fitness through **HIGH** intensity training. Since the course includes high intensity weight training and aerobic activity, students with any pre-existing medical condition that would limit them from performing at advanced levels of strength and endurance training, or performing any of the core strength tests (1 repetition max of the Bench Press, Power Cleans, **and** Squats) do not qualify for this course. Students will set individual goals, and these goals will be frequently assessed using a variety of cardiovascular and strength related tests. Students enrolled in this class will not be permitted to exempt from physical education at any time during the semester.

Physical Welfare Department

Course Sequences

