

## **PHYSICAL EDUCATION**

### **Grade 9 ELECTIVES**

#### **YOGA AND FITNESS**

This is a freshman elective course that will integrate the principles of yoga, cardio, and strength training. The course is designed to build strength and endurance, improve balance, increase flexibility, improve cardio health and meld movement and breath. This course will work on building self confidence, communication skills, and teamwork while working on adventure activities and the low ropes course. In this course you will have an opportunity to explore your own personal fitness levels and goals while working towards achieving these goals in and outside of school.

#### **LIFETIME SPORTS**

This is a freshman elective class that will focus on sports/activities that use a net. This course will be centered on the sports of badminton, pickleball, triangleball, disc golf, volleyball, and tennis. A great deal of emphasis is placed upon demonstrating good sportsmanship and character qualities, practicing appropriate behaviors, and developing the skills necessary to participate in these sports. This class will also include an introduction to personal fitness with a focus on learning about the basics of strength and conditioning.

### **Grade 10 REQUIRED**

**Please choose ONE of the following courses to fulfill the Grade 10 Physical Education requirement.**

#### **EXERCISE AND CONDITIONING 10**

This course is designed to give students the opportunity to learn the components of fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will learn how to safely use various exercise equipment, the basic fundamentals of strength training, aerobic training, and overall fundamentals of fitness training and conditioning in the Fitness Center and Gymnasium. Principles of strength training, elements of cardiovascular health, basic anatomy and physiology, and the elements of a personal fitness plan are topics covered during the course. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Students will learn how to use polar heart rate monitors in this course as well as how to assess their own heart rate data while performing various types of physical exercise. Students will also have the opportunity to obtain a two-year American Heart Association's HeartSaver First Aid CPR AED Provider certification.

## **TEAM GAMES 10**

This class is designed for students who enjoy participating in team sports (i.e., basketball, capture the flag, soccer, ultimate Frisbee, floor hockey, etc.). In team games the curriculum is designed to help students develop positive self-esteem with regard to their physical skills and knowledge of the rules and strategies through different games and sports. A great deal of emphasis is placed upon demonstrating good sportsmanship and character qualities, while developing the skills necessary to participate in both competitive and different high and low ropes course challenges. Students will also have the opportunity to obtain a two-year American Heart Association's HeartSaver First Aid CPR AED Provider certification.

## **WELLNESS ACTIVITIES 10**

This class is designed to improve muscular strength, endurance, flexibility, posture, balance, and relaxation techniques. Students will gain an in-depth understanding of yoga postures, benefits associated with yoga, along with the benefits, organization, implementation, and evaluation of a balanced aerobic fitness program utilizing walking as the primary activity. This course will also include cooperative games, elementary games, and work on building self confidence, communication skills, and team cooperation while working on adventure activities and the low ropes course. Students will also have the opportunity to obtain a two-year American Heart Association's HeartSaver First Aid CPR AED Provider certification.

### **Grade 11 REQUIRED**

**Please choose ONE of the following courses to fulfill the Grade 11 Physical Education requirement.**

## **TEAM GAMES 11**

This class will provide students with opportunities to enjoy traditional team sports and games (i.e., floor hockey, basketball, volleyball, team handball, etc.) as well as some non-traditional activities like disc golf, low ropes course, high ropes course, etc. In this class, the curriculum is designed to advance students' positive self-esteem with regard to their physical skills and knowledge of the rules/strategies of games so that they will choose to remain physically active beyond graduation. A great deal of emphasis is placed upon demonstrating good sportsmanship and character qualities, practicing appropriate behaviors and developing the skills necessary to participate in game play as well as the high and low ropes courses.

## **WELLNESS ACTIVITIES 11**

This class is designed to improve muscular strength, endurance, flexibility, balance, and relaxation techniques. Students will gain a more in depth understanding of yoga postures, benefits associated with yoga, along with the benefits, organization, implementation, and evaluation of a balanced

aerobic fitness program utilizing fitness walking activities as the primary activity. This course will also include the low ropes adventure course, cooperative games and elementary games which will work on building self-confidence, self-esteem, problem solving skills and communication skills.

## **STRENGTH AND CONDITIONING 11**

This course is designed to give students a deeper look into the components of fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will learn advanced fundamentals of strength training, aerobic training, and overall fundamentals of fitness training and conditioning in the Fitness Center and Gymnasium. Principles of strength training, elements of cardiovascular health, anatomy and physiology, and the elements of a personal fitness plan will be worked on in this course. Students will be empowered to make healthy choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Polar heart rate monitors will be used in this course in order to assess their own heart rate data through movement.

## **Grade 11/12 ELECTIVES**

### **ADVANCED PHYSICAL EDUCATION**

This is an elective option for juniors and seniors who enjoy participating in team sports (i.e., basketball, capture the flag, soccer, ultimate Frisbee, mat ball, floor hockey, etc.). In Advanced PE, the curriculum is designed to help students develop positive self-esteem with regard to their physical skills and knowledge of the rules and strategies of the games so that graduates will choose to remain physically active beyond graduation. A great deal of emphasis is placed upon demonstrating good sportsmanship and character qualities, and developing the skills necessary to participate in different team sports, lifetime sports, as well as the high and low ropes courses.

### **TECHNIQUES AND PRINCIPLES IN ATHLETIC TRAINING**

The purpose of this class is to prepare students in skills used in the fields of Sports Medicine and Athletic Training. The course includes the history of the athletic training profession, ethics, proper recording of injuries, taping, and principles of athletic training. The content includes, but is not limited to, roles and responsibilities of team members, emergency and non-emergency procedures, anatomy and physiology, injury evaluation, equipment and modalities of rehabilitation, injury and disease prevention, and protective equipment.

### **UNIFIED PHYSICAL EDUCATION**

Unified physical education is an elective course designed for students interested in working with students who have special needs. Throughout the course, students will work one-on-one with students who have cognitive and physical disabilities in an active setting. The physical education curriculum will be taught by the physical education instructor, which will be assisted by students working one-on-one with these students as a support to help guide them through the following

lifetime activities: cooperative games, locomotor skills and patterns, striking, throwing, short and long handed implements, and fitness. Students in this course will learn how to provide a positive movement learning experience to students with special needs; increase their knowledge on different disabilities; learn strategies to support students in the development of movement skills in the areas of gross motor patterns, manipulative skills, striking skills, and fitness; and help foster a positive learning and social environment for students with special needs.