

PHYSICAL EDUCATION

PHY 053 WELLNESS

(Yearly 1 Credit) (9)

Wellness is a one-year course required of all freshmen. Through this class, a student will fulfill the state requirement for Health and the freshmen requirement for Physical Education. Wellness offers the information necessary to help students make responsible decisions concerning their physical well-being and health practices. A variety of learning activities, resource materials, and fitness activities are used to aid the teacher in discussion and application of the following areas: applied fitness, nutrition, prevention and control of diseases, environmental and consumer health, mental health and illness, first aid and CPR, human sexuality, drug use and abuse. An aquatics component will be taught at Normal Community West only.

PHY 101/102 SOPHOMORE PHYSICAL EDUCATION (Aquatics)

Normal Community West Campus (NCWHS Students Only)

(1/4 Credit) (10)

All Sophomore students will automatically sign up for Sophomore Physical Education due to the nine-week Driver Education classroom unit. (See Driver's Education section of this booklet for Sophomore birthday sign-up requirements.) Upon completion of the sophomore driver education unit, students will participate in a nine week unit of basic swimming, water safety instruction, CPR, and team, individual or personal development. During the sophomore year, students may also take a full semester of team, individual or personal development classes. **Students with birthdates before March 1, 1987 sign up for Sophomore Physical Education 1st Semester, PHY 101. Students with birthdates after February 28, 1987 sign up for Sophomore Physical Education 2nd Semester, PHY 102.**

PHY 111/112 SOPHOMORE PHYSICAL EDUCATION

Normal Community High Campus (NCHS Students Only)

(1/4 Credit) (10)

All Sophomore students will automatically sign up for Sophomore Physical Education because of the nine-week Driver Education classroom unit. Activities will be selected from the Team and Personal Development programs. Sophomore students may also be taking a full semester of team or personal development programs. **Students with birthdates before March 1, 1987 sign up for Sophomore Physical Education 1st Semester, PHY 103. Students with birthdates after February 28, 1987 sign up for Sophomore Physical Education 2nd**

Semester, PHY 104. Sophomore activities include korfball, team handball, volleyball, basketball, games and relays.

PHYSICAL EDUCATION

(Semester 1/2 Credit) (10, 11, 12)

The curriculum is designed to provide a program of varied activities to meet the needs and interests of the students. It also develops emotional control, social relationships, leadership qualities, good sportsmanship, and develops skills and an appreciation of recreational activities that can be used after graduation and later in life. Activities are taught in the areas of team sports, individual sports, and personal development. All students will be graded in the following areas: performance of skills, knowledge of sports and activities, participation, hygiene conditions, effort and attitude. Gym Equipment - Girls and Boys; Black Shorts and Orange Shirts (NCHS), Black Shorts and Gray Shirts (NCWHS); Gym Shoes; ALL CLOTHES MUST BE MARKED ON THE OUTSIDE: Use last name on the back of the shirt and on the shorts.

PHY 201 TEAM

Flag Football, Soccer, Flickerball, Team Handball (Inside), Basketball, Fitness, Floor Hockey, etc.

PHY 202 TEAM

Volleyball, Korfball, Fitness, Team Handball (Outside), Soccer, Softball, Floor Hockey, etc.

PHY 301 INDIVIDUAL

Archery, Bocce Ball, Net Games, (Badminton, Table Tennis, Aerial Darts), Games and Relays, Bowling-Billiards, Fitness, Roller Skating, Tennis, etc.

PHY 302 INDIVIDUAL

Net Games (Pickle Ball, Badminton, Table Tennis), Games and Relays, Bowling-Billiards, Fitness, Golf, Tennis, Winter Activities, Bocce Ball, etc.

Activities are offered on Mondays, Wednesdays, and Fridays, while Tuesdays and Thursdays are reserved for fitness-type activities in both team and individual classes.

PHY 401/402 PERSONAL DEVELOPMENT

To prepare students for fitness now and throughout their lives by teaching them a number of different fitness methods that can be used in different situations. Tailoring programs for all ages, and teaching that nutrition and diet are as important as exercise and must be used together in a total work-out program.