

PHYSICAL EDUCATION DEPARTMENT

Physical Education is recognized as one of the primary areas of learning within the state of Illinois. Illinois is one of the very few states with a mandate for physical education to be included within the curriculum five days a week. The Physical Education grade counts as part of the GPA. Each student must earn 3 1/2 credits in Physical Education in order to graduate.

It is the goal of the Physical Education Department that our students will gain a knowledge and appreciation of the worth of physical fitness that will, in turn, contribute to an individual's quality of life. In addition, by offering a variety team and individual recreational sports activities, we hope to encourage a carryover into participation as an adult. Our activities are designed to allow group interaction to enhance the social and emotional development of the students.

All freshmen are required to take Wellness, described in later paragraphs. Sophomores are required to take nine weeks of Driver's Education and nine weeks of sophomore Physical Education. In the alternative or opposite semester, they are given a choice of the following three courses, as are juniors and seniors:



TEAMSPO RTS

Active participation in team-oriented, coed activities is a major focus. Two times a week, the emphasis is on physical fitness. This course is designed for the more competitive students who enjoy more active type participation in a variety of team sports.

INDIVIDUAL SPORTS



Active participation in a variety of individual and/or partner activities is a major focus. Students choosing individual sports will engage in physical fitness activities twice a week. This course is designed for the student who prefers more recreational, less competitive, types of activities. The course offers a number of activities which have carryover participation into adulthood.



PERSONAL DEVELOPMENT

This course is focused on the principles of training, both in weights and cardiovascular fitness. A high number of athletes opt for this class, as well as those students who have a concern about their personal fitness habits. It is a wonderful opportunity to begin and continue a personal lifting program with charted results.

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, and drug use and abuse.

PHY 101/102 SOPHOMORE PHYSICAL EDUCATION (Aquatics)

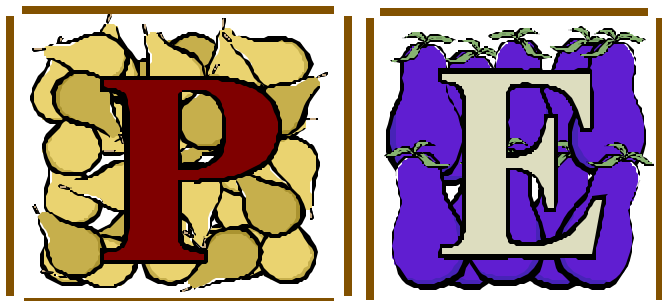
(1/4 Credit) (10)

All Sophomore students will enroll in nine weeks of swimming. (Note: PHY 121/122 below) 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, 1990 sign up for Sophomore Physical Education 1st Semester, PHY 101. Students with birthdates after February 28, 1990 sign up for Sophomore Physical Education 2nd Semester, PHY 102.**

PHY 121/122 SOPHOMORE SWIM/PE

(1/2 Credit) (10)

This course is for sophomores who complete Driver Education off campus. The course will have nine weeks of swimming and nine weeks of Physical Education.



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, and 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, Korfbal, 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.

PHYSICAL EDUCATION

PHY 501/502 DANCE FITNESS

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

Dance Fitness is obtaining physical fitness through the exploration of various aspects of movement including, but not limited to, all forms of dance (popular, cultural, classical, etc.), physical fitness activities (aerobics, plyometrics, yoga, etc.) and dance expression and appreciation. Learning to use and apply artistic creativity, improvisation, choreography, physical mobility and coordination, synchronization of movement and music awareness will be required. When students experience movement in a supportive and enjoyable environment, the skills and knowledge gained can lead to lifelong fitness.

PHY 513 ADAPTIVE PHYSICAL EDUCATION **(Yearly 1 Credit) (9, 10, 11, 12)**

Prerequisite: Associate Principal and Parent Approval

Adaptive classes are provided for those students with restrictions or low ability and do not succeed in the regular program. These classes are small in number and allow for more individual attention. The basic intent of the course is to work on improving the student's general physical condition and motor ability, to enjoy activity and to be successful when participating in physical activities.

Adaptive Aquatics will be incorporated into the current Adaptive Physical Education curriculum. This class will address Individualized Education Program (IEP) goals as well as basic water safety, water adjustment skills and an introduction to basic swimming strokes. Individual and group instruction will be addressed based on the skill of the individual student. Adaptive swim equipment will be provided for safety and instructional needs.

PHY 601/602 WATER AND LAND ACTIVITIES

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

Prerequisite: Completed Sophomore Physical Education or Aquatics

This course will include physical education workouts both in the water and in the gym. The first nine weeks will include a variety of water activities and games. The second nine weeks will include a variety of aerobic activities in the multi-purpose room.

PHY 631/632 ADVANCED AQUATICS

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

Prerequisite: Swimming Proficiency Test at Beginning of Course

This course will develop the student's swimming skills, as well as muscular and cardiovascular endurance. Course content includes: Lifeguard certification training, water fitness activities, skill development and practice. A written component is required.

