



# Physical Education 2008-09

## Health

## Physical Education

Freshman

Health 9

P.E. 9

Sophomore

Health 10

P.E. 10

Athletic P.E.  
10

Physical  
Management 10

Junior

P.E.  
11/12

Athletic P.E.  
11/12

Physical  
Management  
11/12

Wall Climbing

Dance  
11/12

Senior

Advanced  
Wall Climbing

## PHYSICAL EDUCATION

Mr. Christopher Cook, Chairperson  
847/451-3172 or 3613

### FRESHMAN /SOPHOMORE P.E.

PEH160 Girls

PEH170 Boys

**Required:** Grade 9, 10. One half unit

**Prerequisite:** None

**Grade Weight:** College Prep

Basketball Fitness Testing Team Building

Swimming Weight Training Volleyball

Fitness Concepts Wrestling Badminton

A variety of physical activities are provided for freshman and sophomore students including instruction in sport techniques for both team and individual sports. The development of personal physical fitness is well integrated into the program. Cooperation, trust, group dynamics and decision making are emphasized.

### FRESHMAN HEALTH

PEH100

FR HEALTH

**Required:** Grade 9 One half unit

**Prerequisite:** None

**Grade Weight:** College Prep

This is a required coeducational class using a wellness approach and stressing prevention and self-responsibility through informed choices. Topics include: Physical Wellness (chronic diseases, tobacco, nutrition, weight control); Mental Wellness (self-concept, stress, relationships, assertive behavior, sexual harassment); Drug Awareness (alcohol, marijuana, other drugs, use/abuse/addiction); Healthy Sexuality (reproductive system, pregnancy, childbirth, abstinence, birth control, STDs) and CPR.

### SOPHOMORE HEALTH

PEH200

SO HEALTH

**Required:** Grade 10 One quarter unit

**Prerequisite:** None

**Grade Weight:** College Prep

This is a required coeducational course that covers public and environmental ecology, safety, cardiopulmonary resuscitation, family living, and sexual harassment.

### JUNIOR/SENIOR P.E.

PEH371 PEH372

PE 11/12

**Required:** Grade 11, 12. One half unit

**Prerequisite:** None

**Grade Weight:** College Prep

The junior/senior physical education program is organized so each student has the opportunity to participate in a wide variety of indoor, outdoor, individual, team and fitness activities. The program puts emphasis on fitness, wellness and lifelong skills. Students will be encouraged to gain an active appreciation for the positive role of physical fitness in overall health and well-being and to develop socially useful participation skills. Each semester students will participate in four or five activities from the following list with fitness a component in each activity.

Aerobics

Aquatics

Badminton

Basketball

Bowling ‡

Fitness Testing

Flag Football

Floor Hockey

Golf

Soccer

Tennis

Track & Field

Ultimate Games

Volleyball

Weight Training

### SOPHOMORE ATHLETIC P.E.

PEH240

SOPH ATH PE

**Elective:** Grade 10. One half unit

**Prerequisite:** None

**Grade Weight:** College Prep

This is a rigorous P. E. class is designed for the sophomore who plans to participate in one or more sophomore and/or varsity sports. This class concentrates on strengthening "core" muscle groups and improving speed.

### JUNIOR/SENIOR ATHLETIC P.E.

PEH261 PEH262

JR/SR ATH PE

**Elective:** Grades 11, 12. One unit

**Prerequisite:** None

**Grade Weight:** College Prep

This is a continuation of the strength and conditioning programs started in the Sophomore Athletic P. E. class. This class is designed for the junior and/or senior who plans to participate in one or more varsity sports.

### MODIFIED PHYSICAL EDUCATION

PEH131 PEH132

MOD PE

**Required:** Grades 9, 10, 11, 12. One unit

**Prerequisite:** None

**Grade Weight:** College Prep

This program provides physical education activities for students with special needs. Various physical education activities are modified for student success in mastering skills. Specific activities will be determined by student interest and limitations and by teacher and program objectives.

### PHYSICAL MANAGEMENT

PEH251 PEH252

PHYS MGT

**Required:** Grades 10, 11, 12. One unit

**Prerequisite:** None

**Grade Weight:** College Prep

Students learn principles of physical education and nutrition to gain understanding of physical well-being. Students learn to create and manage a healthy lifestyle.

‡ Students will incur a small fee.

## ***WALL CLIMBING***

PEH341 PEH342

WALL CLIMBING

**Elective:** Grades 11, 12. **One half unit**

**Prerequisite:** None

**Grade Weight:** College Prep

Students learn to set personal goals to challenge themselves; learn to cooperate and trust one another through group games; and work together while climbing our wall and high ropes course.

**This course may only be taken one semester per year.**

## ***ADVENTURE EDUCATION***

PEH381

ADVENTURE EDUCATION

**Elective:** Grade 12. **One half unit**

**Prerequisite:** Wall Climbing

**Grade Weight:** College Prep

Students work together to design the routes for our climbing wall. Students develop their creativity, communication, and leadership skills while creating and developing various individual and group activities. Students will experience kayaking and snorkeling in addition to the high ropes course. **This class is offered first semester only.**

## ***DANCE***

PEH351 PEH352

DANCE

**Elective:** Grades 11, 12. **One half unit**

**Prerequisite:** None

**Grade Weight:** College Prep

The students will be exposed to many dance styles along with learning the proper technique required to perform each one including but not limited to ballet, modern, jazz, hip-hop, and ballroom. The students will learn the elements of choreography in order to create and perform their own routine at the end of the semester. They will also learn to cooperate and trust one another through team-building activities. In addition, the students will enhance their cardiovascular fitness, agility, flexibility, muscular strength, and endurance through various aerobic activities such as Pilates and Yoga. **This course may only be taken one semester per year.**