



# Physical Education, Health & Driver Ed.



Possible sequences for Physical Education, Health & Driver Ed.

Grade 9

Grade 10

Grades 11-12

First Semester

Physical Education	Physical Education	Introduction to Dance	Continuing Dance	Strength Training
Learning Readiness			Off Campus Individual Activities	Strength Training and Conditioning
Health	Driver Education	Net/Racquet Activities	Restrictive Physical Education	Team Activities
Restrictive Physical Education	Restrictive Physical Education	Leadership Training Certification Preparation	Adventure Education	Wellness

Second Semester

Introduction to Dance Arts	Continuing Dance Arts	Strength Training
	Off Campus Individual Activities	Strength Training and Conditioning
Net/Racquet Activities	Restrictive Physical Education	Team Activities
Adventure Education		Wellness

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## PHYSICAL EDUCATION

Physical Education is an integral part of each student's educational program. The program at Lake Park High School concentrates on health, nutrition, prevention of substance abuse, lifetime health choices, and the concepts of exercise and physical wellness. Lake Park students are required to take Physical Education for six semesters (or seven semesters if enrolled in summer school Driver Education). The breakdown is as follows:

**Ninth grade** - one semester of Physical Education and one semester of Health.

**Tenth grade** - one semester of Physical Education and one semester of Driver Education.

**Eleventh grade** - two semesters of Physical Education.

**Twelfth grade** - two semesters of Physical Education.

If a student elects to take Driver Education during the summer school session, the student will be assigned to two semesters of physical education during his/her sophomore year. A student must successfully pass a minimum of six semesters of physical education, one semester of health, and one semester of driver education (classroom portion) to meet Lake Park graduation requirements.

As students near completion of their high school programs, there may be some curricular reasons to apply for an exemption from Physical Education. A junior or senior student may petition to take an academic course in place of Physical Education if the student is seriously behind in required courses or the student needs a course in order to further his/her career plans. A form for requesting an exemption is available from the student's counselor.

If a student is physically unable to participate for more than six weeks for health reasons, a statement from a medical physician must be filed with the building nurse. The nurse will notify the Physical Education Department and the student's counselor.

### PHYSICAL EDUCATION GRADE 9\*

**Grade 9** **1 semester**

**Prerequisite: None**

The freshman course of study is primarily designed to promote a healthy generation of students who are able to achieve their highest potential, reversing the trend of deteriorating health and physical fitness among youth. This course is designed to teach students the concepts, knowledge and skills necessary for the maintenance and/or improvement of their level of fitness. Components of fitness, both health-related and skill-related, will be the foundation of the course. The aforementioned fitness components will be measured and enhanced through a variety of directed activities. The utilization of technology, problem-solving, communication and team building are emphases as well. Physical education uniforms are required and are purchased as part of the registration process.

### HEALTH EDUCATION

**Grade 9** **1 semester**

**Prerequisite: None**

Health Education is a tri-dimensional program emphasizing physical, mental, and social well-being. This course provides students with opportunities and strategies to assess their own health and make plans to maintain and/or improve it in the future. The processes to be learned and used are: defining problems, gathering information, identifying options/alternatives, evaluating consequences, and acting on solutions. This course also provides CPR/AED training and is required as one of the two semesters of physical education during freshman year.



## LEARNING READINESS PHYSICAL EDUCATION

**Grade 9** **full year**

This course teaches students how to incorporate fitness and nutrition into their daily routine in hopes that it will directly affect their academics. There is significant research to show the direct correlation between increased cardiovascular activity and increased academic performance. Students must be enrolled in Global Studies concurrently. This course meets the freshman physical education and health graduation requirements.

### PHYSICAL EDUCATION GRADE 10\*\*

**Grade 10** **1 semester**

**Prerequisite: None**

The primary emphasis for a sophomore is a continuation of fitness and psychomotor development. Lifetime sports are introduced at the sophomore level. A student is expected to work toward skill development and to understand the value of participation in these activities. Physical education uniforms are required. They may be purchased at the beginning of the school term.

### DRIVER EDUCATION

**Grade 10** **1 semester**

**Prerequisite: Age 15 and eight previously passed courses**

Education is a multi-phased program consisting of classroom, simulation, range, and on-road experiences to meet state of Illinois requirements. Classroom activities exceed the thirty-hour state minimum requirement. Students must pass both the classroom and driving phases to qualify for an Illinois license prior to the age of 18. This course may be substituted for one semester of physical education during the sophomore year. Students taking Driver Ed in the summer or at a private facility must take a full year of physical education in Grade 10.

Students who fail Driver Education are required to make up a PE credit (.5), or retake Driver Education at Lake Park. Since students may elect to take Driver Education in lieu of PE, they must make up the required PE (.5) if they do not pass Driver Education. If students choose to complete Driver Education from an outside provider, students may not use their evidence of completion from the outside provider to satisfy the PE requirement. This policy applies to the Class of 2023 and those that follow.

### RESTRICTIVE PHYSICAL EDUCATION

**Grades 9-12** **1 semester**

**Prerequisite:** the District Restrictive Physical Education Committee shall review medical records to determine placement. Students who cannot participate safely or successfully in regular physical education shall be placed in The Restrictive Physical Education class. Students shall be selected for this class in order of priority need. This course is designed to improve body mechanics and general physical condition through motor activity, cardiovascular activity, and strength training.

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## WEST CAMPUS PHYSICAL EDUCATION ELECTIVE COURSES

The Upper Division program of physical education is designed to offer the student a wide variety of lifelong sports. Fitness and psychomotor development are objectives; however, the primary emphasis is directed toward the value of being active throughout life through fitness-related activities. Students are given the opportunity to select activities that meet their individual interests and/or fitness needs. Physical education uniforms are required. Upper Division courses are selected by semester. Following are the various activities in which the student may participate:

### ADVENTURE EDUCATION

This course uses games and initiatives to build skills such as leadership, cooperation, communication, problem-solving, trust, creativity, and diversity. Some activities are done individually, while the emphasis is placed on group work. Students will face challenges in a safe environment in order to better understand themselves and others. Additionally, lifetime fitness components are stressed in order to promote wellness. Students may receive credit for Adventure Education only once.

### INTRODUCTION TO DANCE

This course is designed as an introduction to the basic techniques of ballet and jazz. The student will develop poise, grace, and increased self-esteem through the basics of artistic dance activities. Physical fitness is enhanced with the thread of lifetime wellness activities interwoven within the dance arts curriculum. Fitness levels will be assessed as students participate in cardiovascular and moderate strength activities. Dance attire is required.

### CONTINUING DANCE

#### Prerequisite: Teacher recommendation

This course is designed for students who have had previous dance experience and have a solid foundation of dance basics. Understanding basic dance techniques is a pre-requisite for this class. Teacher recommendation is suggested. Principles of improvisation and dance choreography will be emphasized. Fitness levels will be assessed as students participate in cardiovascular and moderate strength activities. Dance attire is required.

### NET/RACQUET ACTIVITIES

First Semester: This course is designed with a strong emphasis on individual activities that encourage a life of fitness through enjoyment in leisure activities. An extended period of time will be spent on volleyball, tennis, and badminton skills. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness.

Second Semester: This course is designed for a mix of both individual and team activities. Basic skills in tennis and badminton will be offered for skill development and enjoyment. Volleyball is included in the team activities. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness.

### STRENGTH TRAINING AND CONDITIONING

This program is designed to offer students a three-day-a-week individualized weight training program in order to develop overall muscular strength and endurance. The alternating days shall offer a variety of aerobic activities. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness.



### LEADERSHIP TRAINING

This course is for junior and senior students who have been recommended for leadership potential and have maintained an “A” or “B” in physical education. The purpose of this course is to train students to act as student leaders in the physical education curriculum and to expose them to career opportunities in the fields of physical education, health, the fitness industry, and coaching. The biomechanics of exercise will be studied, emphasizing the structure and function of movement. Leaders in training will be actively involved in all areas throughout the semester. A field trip to participate in a high ropes/ low ropes course is included in this course. Satisfactory completion of this course and a teacher recommendation entitles students to be placed as a leader in successive semesters.

### OFF-CAMPUS INDIVIDUAL ACTIVITIES

A fee is charged for participation in this off-campus course.

First Semester: Through participation in golf, the cardio fitness center, roller skating, and country line dancing, students are encouraged to develop skills in activities that can be used for a lifetime. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness.

Second Semester: Cross-country skiing, fencing, cardio fitness center, bowling, and archery offer students a wide variety of individual activities that will enhance physical fitness now and in the future. Basic skills are emphasized for personal development and enjoyment. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness.

### TEAM ACTIVITIES

First Semester: Basic skills in team sports shall be offered for continued skill development and for enjoyment. Team sports of flag football, soccer, agility games, basketball, and volleyball are included. Physical fitness shall be enhanced through assessment teaching and a cardiovascular training program.

Second Semester: Basic skills in team sports are offered for skill development and enjoyment. Volleyball, basketball, agility games, and softball are included. Physical fitness shall be assessed and students will participate in a cardiovascular training program to maintain or improve overall physical fitness.

### WELLNESS

Exercise will be emphasized through fitness club activities and instruction. Units of instruction are fitness testing, LancerFit Days, Yoga, Pilates, Aerobics, and Total Body Strength. First semester students will focus on teaching a workout to the class as the Capstone project. Second semester students will choose and interview an individual outside this class to create an individualized workout plan as the Capstone project.