

DEPARTMENTAL CURRICULUM PROFILE

DEPARTMENT: Physical Education, K-12
INSTRUCTOR (S): Mrs. Cronin, Mr. Maresh

PROGRAM DESCRIPTION

The Lyons-Decatur Northeast Physical Education and Health programs will promote an understanding, development, and application of all levels of physical fitness skills, health and wellness, an appreciation of sports and leisure time activities.

PHILOSOPHY

Physical education plays a critical role in educating the whole student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful. In the preschool and primary years, active play may be positively related to motor abilities and cognitive development. As children grow older and enter adolescence, physical activity may enhance the development of a positive self-concept as well as the ability to pursue intellectual, social and emotional challenges.

Throughout the school years, quality physical education can promote social, cooperative and problem solving competencies. Quality physical education programs in our nation's schools are essential in developing motor skills lifestyles. This philosophy is taken directly from the 2001, NASPE, National Association for Sport and Physical Education, an association of the American Alliance for Health, Physical Education, Recreation and Dance, www.aahperd.org/naspe Position Statement.

OBJECTIVES IN THE PHYSICAL EDUCATION PROGRAM

Target Area Outcomes

- Target Outcome 1: Physical Fitness
- Target Outcome 2: Health and Wellness
- Target Outcome 3: Sports and Leisure time activities

Target Outcome: Physical Fitness

1. The learner will demonstrate coordination, agility, strength, and flexibility appropriate to individual's developmental age.
2. The learner will participate in anaerobic, aerobic, and plyometric conditioning.
3. The learner will complete various isometric and dynamic strength training exercises.

Target Outcome: Health and Wellness

1. The learner will develop an understanding of the benefits of living a healthy lifestyle.
2. The learner will exhibit an understanding of the specific factors, which promote the physical, mental, and social well being of an individual.

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3. The learner will show an understanding of the role of self-responsibility in developing a healthy lifestyle.

Target Outcome: Sports and Leisure time activities

1. The learner will develop skills in activities that will carry over into his/her adult life.
2. The learner will develop motor skills necessary for sports and leisure-time activities in which they participate.
3. The learner will form attitudes and habits that permit him to work and function as a team member.

OBJECTIVES IN THE HEALTH EDUCATION PROGRAM

Focus: Developing Health Literacy

Purpose Statements: TLW move toward becoming a critical thinker and problem solver, responsible, productive citizen, a self-directed learner, an effective communicator concerning modern health and wellness issues.

Outcome 1: TLW demonstrates reading Comprehension through identification and applications of details and vocabulary used at individual instruction level.

Outcome 2: TLW demonstrates ability to practice health in having behaviors to reduce health risks.

Outcome 3: TLW identify elements necessary for proper nutrition and explain how to make healthful food choices.

Outcome 4: TLW explore eating disorders, weight management, and different types of vegetarian diets.

Outcome 5: TLW identify characteristics of mental health and learn to deal with emotions in healthful ways.

Outcome 6: TLW describe various mental disorders and the warning signs of suicide.

Outcome 7: TLW demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.

OBJECTIVES IN THE STRENGTH AND CONDITIONING PROGRAM

Focus: Injury Prevention and Athletic Skills Enhancement

Target Area Outcomes

Target Outcome 1: Injury prevention

- a. Stronger joints and bones from strength training
- b. Improved body control

Target Outcome 2: Improved performance

- a. Faster athletes
- b. Increased jumping ability

Target Outcome 3: Speed and Agility Development

- a. Quicker change of direction
- b. Faster lateral movement
- c. Faster linear speed

Target Outcome 4: Strength Development

- a. Increase Front Squat, Clean, and Bench numbers
- b. Control own body weight

Health and Physical Education Course Descriptions

(Course) Weight Training

Length: 50 minutes, 5 Days a week, 2 semesters

Grade Levels: 10-12

Description: Introduction into weight training. The course will include learning the exercise and the proper techniques. Students will learn the Olympic Lifts along with other traditional exercises to improve athletic performance, decrease chance of injury, increase strength, and increase speed. Students will be able to design their own workout and perform technical lifts. Students will also do agility drills and speed ladder to work on quickness.

Health Education

Length: Semester

Grade Levels: 10 - 12

Description:

Health is an elective semester course. This course is designed to increase health literacy, so students will make responsible and respectful, decisions which impact the well being of themselves and others. All three sides of the health triangle will be explored: Physical Health, Mental/Emotional Health, and Social Health issues will all be addressed. Areas to be explored include making responsible decisions; communicating effectively; mental & emotional health; building self-esteem; adolescence relationships & responsibilities; the use, misuse & abuse of drugs, alcohol and tobacco; families & family relationships, preventing abuse & violence; and peer pressure.

Secondary Physical Education

Length: Semester

Grade Levels: 9

Description:

This class is required for graduation. Students will learn the importance of physical activity to overall health and wellness and participate in a variety of physical activities designed to promote, maintain, and enhance general health and wellness. Students will attain and refine skills that encourage participation in physical activities throughout life. Responsible personal and social behavior is encouraged through cooperative and competitive activities. In addition, students will learn the Olympic Lifts along with other traditional exercises to improve general fitness level, athletic performance, decrease chance of injury, increase strength, and increase speed. Finally, students will learn terminology and rules of various sports.

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Lifetime Activities

Length: Semester or Year

Grade Level: 10-12

Description:

This course focuses on team dual and individual sports activities and skills. Units consist of tennis, badminton, pickle ball, volleyball, basketball, soccer, softball, personal fitness, etc. Units will vary for each semester. Participation in each unit is absolutely necessary. Students are evaluated on daily participation, effort, cognitive and motor skill development in each unit. This class is geared toward the recreational athlete, not competitive athletes. Students will be able to demonstrate the skills to participate in a variety of sports and activities. Students will have a basic knowledge of the rules and be able to assist others in playing the sport/activity. Students will improve their skills through drills and modified games. Students will be able to identify performance and fitness related factors related to participation in a variety of activities.

Fall Sports/Activities to be covered: physical fitness, cooperative activities and challenges, ultimate frisbee, flag football, soccer, eclipse ball, volleyball, pickleball, and others based on students' interests and needs.

Jr. High Physical Education

Length: Full Year

Grade Levels: 7th/8th

Description:

Students will participate in a variety of physical activities designed to promote, maintain, and enhance healthy lifestyles. Students will attain and refine skills that foster participation in physical activities throughout life. Responsible personal and social behavior is encouraged through cooperative and competitive activities. Students will learn the Olympic Lifts along with other traditional exercises to improve general fitness level, athletic performance, decrease chance of injury, increase strength, and increase speed. In addition, students will learn terminology and rules of various sports. Students will learn the importance of physical activity to overall health and wellness.

Elementary Physical Education

Length: Full Year

Grade Levels: K-3

Description:

The focus of class at these levels is body and space awareness, loco motor movements, and fundamental patterns. Students will learn to move in self and general space proficiently. Students will engage in moderate to vigorous physical activity and understand that physical activity provides opportunities for enjoyment, challenge, and self-expression. Students will work on individual skills and work cooperatively and competitively through large group games. Students will demonstrate responsible personal behavior while participating in movement activities.

Elementary Physical Education

Length: Full Year

Grade Levels: 4th – 6th

Description:

The focus of class at these levels is developing proficiency in many movement activities. Students will demonstrate increased knowledge of physical fitness and application of movement patterns and apply correct technique when performing complex manipulative movements patterns in specialized activities. Students will engage in moderate to vigorous physical activity and understand that physical activity provides opportunities for enjoyment, challenge, and self-expression. Students will work on individual skills and work cooperatively and competitively through large group games. Students will demonstrate responsible personal behavior while participating in movement activities. Students will be exposed to a wide variety of activity to encourage lifelong participation in

COURSE SEQUENCE

