

## PHYSICAL EDUCATION COURSES 2019-2020

### Individual Sports and Fitness

Physical Education is based upon the acquisition of knowledge and skills as a foundation for engaging in physical activity. However, the mere acquisition of knowledge and skills is not enough. The mission of physical education is to enable all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive, and fulfilling life. Our vision is to provide all students with a sequential program based on physical activities undertaken in an active, caring, supportive, meaningful and non-threatening atmosphere in which every student is challenged and successful.

#### **This course may be taken for varsity release**

Prerequisite(s): None

Grade(s): 9 10 11 12

Credit: 0.5

Meets: 2.5 periods weekly

#### **Activities that may be offered:**

<b>Racquet/Net Sports</b>	<b>Fitness Concepts</b>	<b>Individual Sports</b>
▣ Badminton	▣ Aerobics	▣ Disc Golf
▣ Table Tennis	▣ Cardio Training	▣ Golf
▣ Tennis	▣ Cross Fit	▣ Outdoor Games
▣ Pickelball	▣ Yoga	
▣ Volleyball	▣ Weight Training	

### Team Sports and Fitness

Physical Education is based upon the acquisition of knowledge and skills as a foundation for engaging in physical activity. However, the mere acquisition of knowledge and skills is not enough. The mission of this physical education course would be to enable all students to actively participate in sports that include teamwork. While, all students work to sustain regular, lifelong physical activity as a foundation for a healthy, productive, and fulfilling life. Our vision is to provide all students with a sequential program based on physical activities undertaken in an active, caring, supportive, meaningful and non-threatening atmosphere in which every student is challenged and successful while learning how to work as a team for the common goal.

#### **This course may be taken for varsity release**

Prerequisite(s): None

Grade(s): 9 10 11 12

Credit: 0.5

Meets: 2.5 periods weekly

**Activities may include:**

<b>Team Sports</b>	<b>Fitness Concepts</b>	<b>Cooperative Games</b>
☒ Basketball	☒ Aerobics	☒ Project Adventure
☒ Diamond Sports	☒ Cardio Training	
☒ Flag Football	☒ CrossFit	
☒ Pillow Polo	☒ Weight Training	
☒ Ultimate Frisbee	☒ Yoga	
☒ Soccer		
☒ Team Handball		
☒ Volleyball		

**Self Defense/Judo**

The students will learn the basics of self defense with an emphasis on Judo. Traditional as well as the Olympic competition styles of Judo will be emphasized. The students will learn the history of Judo as well as other martial arts and how they relate to self-defense. The students will be able to attain the first rank (yellow belt) in Judo by learning all essential techniques. If a student chooses to continue with the program, they will earn another rank each of the following years based on completion of Kata test at the end of each year.. A second year student will obtain the rank of Orange Belt. A third year student will obtain the rank Green Belt. A fourth year student will obtain the rank of Blue Belt. There will be a fitness component included that directly relates to Judo. Upon completion of the yellow belt a student may take the course the following school year to achieve the next belt level. Students receive P.E. credit.

**Course is not eligible for Varsity Release.**

<u>Prerequisite(s):</u>	None
<u>Grade(s):</u>	9 10 11 12
<u>Credit:</u>	0.5
<u>Meets:</u>	2.5 periods weekly

**Tai Chi/Kung Fu**

**\*(Available for college credit through LIU Post Scholars Program)** Tai Chi Kung Fu is a powerful martial arts system focusing on the cultivation of full-body power, balance, mental concentration, martial arts techniques and relaxation. The Tai Chi Kung Fu curriculum includes instruction in physical exercises, martial arts techniques, partner drills, breathing exercises, mental imagery, meditation, stretching, strength training, physical and emotional balance work, nutrition and wellness. What ties all of these areas together is the Eastern philosophical underpinning upon which all of these methods are based. Students will leave this course with a greater understanding and appreciation of martial arts, health, wellness, meditation, Eastern philosophy and mental focus.

**Course is not eligible for Varsity Release.**

<u>Prerequisite(s):</u>	None
<u>Grade(s):</u>	9 10 11 12
<u>Credit:</u>	0.5
<u>Meets:</u>	2.5 periods weekly

## Yoga

Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses and mindfulness practices. Some of the benefits of practicing yoga on a regular basis include the following: increase flexibility, fostering emotional awareness, stress reduction, increased focus and concentration, supports healthy sleep hygiene and overall physical wellness. Additional benefits include introducing students to self-reflection, the practice of kindness and self-compassion, and continuing growth in their self-awareness. The students will learn to observe their needs and their environment, and respect their bodies for the long-term.

The techniques that will be developed throughout the year are as follows:

**Breathe:** The breath is one of the most powerful tools for self-regulation. Breath activities help students learn to reduce anxiety, stabilize energy, and create a sense of safety and peace in the body.

**Move:** The poses help students maintain a state of alert engagement, and allows for them to feel strong and energetic.

**Focus:** Lead through a mindfulness practice, children will learn step-by-step, how to apply their focus and foster a sense of self-awareness.

**Relax:** This allows the student to learn the tools necessary for relaxation and restoration.

**Course is not eligible for Varsity Release.**

Prerequisite(s): None

Grade(s): 9 10 11 12

Credit: 0.5

Meets: 2.5 periods weekly

## Strength and Conditioning

A Physical Education course geared towards covering strength and cardio muscular endurance training. The class will also have lessons geared to physical fitness and health as a lifetime sport. The students will incorporate specific types of training such as CrossFit, Yoga, Free Weight and Machine assisted workouts. Different types of Cardio endurance workouts such as running, swimming and biking (if possible).

Students will gain knowledge of muscle function, physiology, and human movement, while understanding how physical activity enhances health-related physical fitness. They will look at the relationship between nutrition and performance. Students will assess their health-related fitness, learn specific activities to develop or maintain fitness, and design a personal exercise program.

**Course is not eligible for Varsity Release.**

Prerequisite(s): None

Grade(s): 9 10 11 12

Credit: 0.5

Meets: 2.5 periods weekly

## Lifeguarding/Water Safety Instructor

We will be combining our Lifeguarding and WSI courses to enable students to earn Red Cross Certification in both areas.

**Course is not eligible for Varsity Release.**

Prerequisite(s): Strong swimming background. At least 16 years of age before the last scheduled class session.

Grade(s): 10 11 12

Credit: 0.5

Meets: 2.5 periods weekly

## Water Safety Instructor Course Description

The American Red Cross Water Safety Instructor's Course will train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, and Water Safety Courses and Presentations. Water Safety instructor candidates must be 16 years old on or before the last scheduled day of the Water Safety Instructor course.

Instructor candidates will learn principles associated with teaching swimming skills from a developmental and motor learning perspective. In addition, students will learn related instructional methods that will help them to become effective teachers of children, adults, and students with various disabilities and special needs. As a result, this course will provide students with the career readiness skills, values, and knowledge needed to become productive citizens in today's workforce. Consequently, this course will satisfy the New York State Learning Standards in Physical Education, as well as emphasize the connection between teaching, volunteerism, and service to the community.

PREREQUISITE: To be eligible to enroll in the Lifeguarding course you must be at least 16 years of age before the last scheduled class session and be able to successfully demonstrate the following skills:

Front Crawl-25 yards

Back Crawl-25 yards

Breaststroke-25 yards

Elementary Backstroke-25 yards

Sidestroke-25 yards

Butterfly-15 yards

Maintain position on back for 1 minute in deep water (floating or sculling)

Tread water for 1 minute

## Lifeguarding Course Description

The purpose of the American Red Cross Lifeguarding Course is to teach candidates the knowledge and skills needed to prevent and respond effectively to aquatic emergencies and prevent drownings and injuries.

Successful completion requires full and active participation in all land and water skills practice. The practice sessions will require some strenuous physical activity. Students are encouraged to check with their healthcare professional before enrolling the course.

**PREREQUISITE:** To be eligible to enroll in the Lifeguarding course you must be at least 15 years of age before the last scheduled class session and be able to successfully demonstrate the following skills:

- Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or the front.
  - 100 yards of breaststroke using a pull, breath, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke, The 100 yards may be a combination of front crawl and breaststroke.

Note: There is no time requirement for this skill. The candidates must show only that they can swim 300 yards using the above strokes without stopping. The purpose of the swim is to demonstrate comfort in the water.

- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. NO GOGGLES ALLOWED

Note: When returning to the starting point, the participants must hold the 10-pound object with both hands, placing the brick on their chest, and must keep their face above the water. The time is complete once the participant has exited the water and is standing up on the pool deck. The purpose of the timed event is to ensure that the participant demonstrates comfort in the water, along with enough speed, strength and endurance to perform a combination of basic skills that are required and built upon throughout the course.

- Tread water for 2 minutes with both hands out of the water.

## **DANCE SEQUENCE**

**COURSES ARE NOT ELIGIBLE FOR VARSITY RELEASE**

### **Dance I**

This course explores the basic techniques of various styles of dance. Throughout the year we will be studying dance using creative expression and technical achievement. We will be exploring jazz, modern/contemporary, hip hop, and composition through various exercises and floor work. The movement portion of the class consists of a complication of warm ups, center floor exercises including balancing skills, body alignment, and stretches, as well as across the floor exercises. Students learn the beginning skills of choreography through guided group projects. Students will work with partners and start providing dance feedback using dance language.

\*Dance I satisfies the Art/Music requirement for graduation, but does not count toward the PE requirement.

Prerequisite(s): None  
Grade(s): 9 10 11 12

Credit: 1.0  
Meets: 5 periods weekly/ Full Year Course

## Dance II

This course explores the intermediate techniques of the various styles of dance. The focus is on developing and enhancing previously learned skills/ techniques and expanding into performance and composition. Students will become more conversant with useful terminology. Students will review the elements of movement, as well as learn components of choreography. Small group choreography will be emphasized to enhance creativity, expression, movement, and use of space. Students will work with partners and start providing dance feedback using dance language and start exploring the art of critique.

Prerequisite(s): Dance I or a qualifying audition for students in grades 11 & 12 only  
Grade(s): 10 11 12  
Credit: 0.5  
Meets: 2.5 periods weekly

## Dance III

This course explores the advanced techniques of the various styles of dance. The focus is on developing and enhancing previously learned skills/ techniques and expanding into a much more advanced level of performance. Students will be conversant with useful terminology and use it while describing movement and choreography. Students will create pieces using the elements of dance, as well as learn more advanced components of choreography. Individual choreography will be emphasized and encouraged for our annual CHOREO showcase. Students will be introduced to dance criticism and the art of critique.

Prerequisite(s): Dance I & II or a qualifying audition for students in grades 11 & 12 only  
Grade(s): 11 12  
Credit: 0.5  
Meets: 2.5 periods weekly

## Dance IV

This course explores the most advanced techniques of the various styles of dance. The focus is on developing and enhancing previously learned skills/ techniques and expanding into a much more advanced level of performance. Students will be conversant with useful terminology and use it while describing movement and choreography. Students will create pieces using the elements of dance, as well as learn more advanced components of choreography. Individual choreography will be required for our annual CHOREO showcase. Different techniques like ballet, jazz, modern/contemporary, hip hop, and tap will be covered both stylistically, technically, and gesturally. A major portion of the course will be on Dance Criticism and the art of critique in enhancing our overall performance.

Prerequisite(s): Dance I, II & III and/or a qualifying audition for students in grades 12 only.  
Grade(s): 12  
Credit: 0.5  
Meets: 2.5 periods weekly

**PHYSICAL EDUCATION ELECTIVE**  
**CAN NOT BE TAKEN FOR PHYSICAL EDUCATION CREDIT**

### **Intro to Sports Medicine**

This is an introductory course for the sports medicine program. The topics that will be covered in this course are: the concept of the sports injury, the sports medicine team, the law of sports injury, nutritional considerations, emergency plan, anatomy, recognition and evaluation of common injuries to the body, skin conditions, thermal injuries, taping and bracing. With successful completion of this course each student will gain American Red Cross Certification in First Aid, CPR and AED for Adult/Child and Epi Pen.

<u>Prerequisite(s):</u>	None
<u>Grade(s):</u>	10 11 12
<u>Credit:</u>	0.5
<u>Meets:</u>	5 periods weekly

### **Adv. Sports Medicine**

This is the second course in Sports Medicine. This course will include: comprehensive management and rehabilitation of injuries focusing on therapeutic exercise programs. It will cover advanced taping skills, protective equipment fitting, specific injury padding as well as cast covering, etc. The students will examine in great depth concussion identification and evaluations that adhere to specific NATA guidelines. The students will also develop a working knowledge of the entire individual/athlete from pre, post and in-season conditioning as well as injury rehabilitation. The class will focus on specific injury identifications such Fractures, ACL Tears, Rotator Cuff Tears, etc., in combination with detailed information about neurological functioning with regard to muscle actions specifically involving cranial and spinal nerves and their firing.

<u>Prerequisite(s):</u>	Introduction to Sports Medicine
<u>Grade(s):</u>	10 11 12
<u>Credit:</u>	0.5
<u>Meets:</u>	5 periods weekly

### **Health Education**

In an atmosphere conducive to discussion, students express their feelings and attitudes and discuss behavior patterns. They focus on the individual personality and mental health; health problems of social significance; disease prevention and control; community health, family life, nutrition, and drug use and abuse. Ultimately, each student further develops the ability to make reasonable decisions based on available information. Required for graduation.

<u>Prerequisite(s):</u>	None
<u>Grade(s):</u>	10
<u>Credit:</u>	0.5
<u>Meets:</u>	2.5 periods weekly

