

PHYSICAL EDUCATION, DRIVER EDUCATION, HEALTH EDUCATION

Physical Education

Grade 9-10-11-12 1 year 1 credit

Students participate in a variety of activities including: flag football, ultimate Frisbee, soccer, softball, tennis, golf, archery, badminton, pickle ball, strength training, basketball, volleyball, speedball, aerobics and floor hockey. This course enables the students to improve their skill level in a variety of sports and introduces the students to a wide range of physical activities and sports. Included in P.E. will be pre and post-physical fitness testing as well as written and/or skill testing.

Strength & Conditioning

Grade 10-11-12 1 year 1 credit

Strength & Conditioning focuses on components of health related fitness, which include cardiovascular endurance, flexibility, body composition, and muscular strength and endurance. Students will be able to list and describe component parts of health-related fitness and exercises/activities that contribute to the improvement and maintenance of their health-related fitness. This course is aimed at any student focused on health related fitness that may not be the focus of traditional sport/game oriented physical education curricula.

Driver Education

Grade 10 1 semester ½ credit

Prerequisite: State law requires having earned 4 credits before enrollment.

Driver Education is a course mandated by the State of Illinois for all residents who wish to acquire a Driver's License prior to the age of 18. A person must complete at least 30 hours of classroom work within the length of time that each individual course is offered. Therefore regular class attendance is mandatory. Course work will include work on the physical, mental, and social aspects of driving as well as dealing with emergency situations, adverse driving conditions, economic factors in car ownership, and application of traffic law. The course also includes behind the wheel training where students may acquire skills and confidence in handling a car in different situations. Students taking Driver Education will also take Career Education.

Health

Grade 9 1 semester ½ credit

The class is designed to help students make responsible decisions and learn skills necessary to become autonomous adults. Students are encouraged to assume responsibility now for their own health and to be aware of how the choices they make today will affect their health in the future. Topics covered include; self-responsibility for wellness, mental health, understanding the human body, family and social health, growth and development, drugs, diseases and disorders, safety, and first aid and CPR.