

PHYSICAL EDUCATION/ DRIVER'S EDUCATION

Rental fee for locks is \$5.00.

The goal of the Physical Education Department is to provide students with a variety of activities that promote a healthy lifestyle. Physical activity across one's lifespan is an important part of a person's well-being, and the Physical Education Department will inspire students to find activities that serve them throughout their life. Classes are offered in Team Sports, Personal Fitness and Strength and Conditioning. Students are required to dress each day for class participation.

Driver Education is offered to students who are 15 years of age and older. The goal of Driver Education is to teach students safe, low risk driving strategies. After successfully completing both phases of Drivers Education, satisfying the state requirements, and upon reaching the age of sixteen, the student may take the driving test and receive a driver's license at the DMV. NOTE: In the state of Illinois no one under the age of eighteen may obtain a driver's license unless he/she has been certified as having successfully completed both phases of a Driver Education program.

STRENGTH & CONDITIONING

Prerequisite: Students must have a C or higher in the previous semester

Grade Levels: 9, 10, 11, 12

Credit: 1/2 unit – one semester

The purpose of Strength & Conditioning is to develop strength, power, muscular endurance and flexibility. The course requires that students undergo weight training, plyometrics and cardiovascular exercise. The overall goals of this class are to enhance athletic performance, prevent injury and develop skeletal muscle.

PERSONAL FITNESS

Prerequisite: None

Grade Levels: 9, 10, 11, 12

Credit: 1/2 unit – one semester

Personal Fitness is a combination of lifelong activities and knowledge of basic fitness concepts. The curriculum is focused on target heart rate, proper lifting techniques with free weights and machines, the essentials of yoga/pilates that can be found within health facilities. Activities include but are not limited to: 5K run, walking, step aerobics, yoga, pilates, stability balls, and certified exercise programs. Fitness concepts: wellness, five components of fitness, nutrition, FITT Principles, and target heart rate.

TEAM SPORTS

Prerequisite: None

Grade Levels: 9, 10, 11, 12

Credit: 1/2 unit – one semester

The purpose of Team Sports is to promote teamwork, game strategies and physical fitness. The games played in team sports are designed to provide knowledge on the rules and strategies that will help promote a long and healthy life style through a variety of different games. The physical fitness required in team sports will allow students to improve their health and level of fitness. Games include basketball, volleyball, soccer, flag football, hockey.....

BASKETBALL

Prerequisite: None

Grade Levels: 9, 10, 11, 12

Credit: 1/2 unit – one semester

This course is a technique and theory of basketball class. It is a full participation, hands on class. This class will cover the basics all the way through to the upper levels of learning about the sport of basketball. Students will experience a training program focusing on the physical development necessary for enhancing basketball movements that also prepare them for the fitness gram test. Students will practice basketball drills, work on team concepts, play in a game setting, and enhance their cardiovascular endurance.

BAND P.E.

Prerequisite: Enrollment in first semester Eagle Band

Grade Levels: 9, 10, 11, 12

Credit: 1/2 unit – one semester (fall only)

Students enrolled in Eagle Band in the fall will also be enrolled in Band/P.E. This class gives the Eagle Band additional rehearsal time and focuses on marching and musical fundamentals. Students will take Band/P.E. instead of their normal Physical Education class.



CLASSROOM DRIVER'S ED

Prerequisite: State law requires students to pass a minimum of eight courses during the two semesters preceding enrollment in Driver Education. The student must be fifteen years of age or older on the first day of class

Grade Levels: 9, 10, 11, 12

Credit: No credit

Thirty hours of classroom instruction are offered by the district both semesters and in the summer as needed. Students are taught special skills needed for efficient and safe driving by the recognition of various hazards and the development of a concept of defensive driving. The need for communication and cooperation between drivers is emphasized. The textbook "Drive Right," is used and is supplemented by films, videos and other materials.

BEHIND THE WHEEL

FEES: \$25

Prerequisite: Successful completion of the classroom phase

Grade Levels: 9, 10, 11, 12

Credit: No credit

A behind the wheel course is offered to students who have completed the classroom phase. Students receive six hours of driving in a dual-controlled car. This instruction is given during PE period.

HEALTH

Grade Levels: *9, 10, 11

Credit: 1/2 unit - one semester

*Open to 12 grade when still needing Health credit

This course focuses on the mental, emotional, and social aspects of wellness. The physical health component includes the study of body systems, disease prevention, substances use, managing stress, developing effective decision making skills, and preventing violence. **Health is a required course for graduation.**

FIRST AID AND CPR

FEES: \$25 workbook fee

Prerequisite:

Must have passed Health or equivalent

Grade Levels: 11, 12

Credit: 1/2 unit—one semester.

First Aid and CPR is a one semester class in which students will learn to care for persons with minor injuries and illnesses all the way up to caring for cardiac/breathing emergencies. Students will be hands on to complete the requirements of this class and should feel comfortable with other individuals in their personal space and vice versa. This course teaches practical skills for emergency care including potential to earn certification in Responding to Emergencies (adult, child and pediatric) First Aid/CPR/AED. Certification is only obtained if the student passes all written and skill assessments with an 80% or higher throughout the semester and carries an overall class grade of 80% or higher. Medical ethics and issues in science will also be discussed and students will complete research on current issues/topics in order to analyze and evaluate information to present as part of a project. This course also includes several other independent projects and is meant to allow students to become independent of their own learning in the classroom environment.

