

Physical Education and Health Department

In each of our Physical Education and Health classes our goal is to help students improve their cardiovascular fitness, develop a positive self-image, increase knowledge to build a healthier life-style and teach valuable lifetime activities.

In accordance with this goal, students may take any Physical Education class multiple times surpassing the four-credit graduation requirement.

Graduation requirement: Health: one trimester in Grade 9

Physical Education: four trimesters within Grade 9, 10, 11 or 12

All courses are graded on 4.0 scales, except Phy Ed for JROTC, which is Pass/Fail class.

Physical Education Pass option

All students have the option of taking their Physical Education classes on a Pass basis. Students must request the Pass option from their teacher by the last day of the trimester or the letter grade will stand. Students should see their Phy Ed teacher for a Pass application and explanation of the Pass option guidelines.

Physical Education Independent Study

Physical Education Independent Study is a full school-year commitment. This program is designed for students who cannot fit a Physical Education class into their student schedule. Students with a Study Hall or who plan to serve as a Teacher Aide may not take Independent Study Phy Ed. Phy Ed teachers will review student applications and will make the final decision regarding approval for Independent Study. Once a student's application is approved, a Phy Ed teacher will contact them. During the first week of September the student and teacher will meet to establish a fitness plan for the upcoming school year. Students will meet with a Phy Ed teacher numerous times during the school year to monitor the Independent study progress. A detailed journal/log with specific descriptions of activities and signature from instructors is required. Students will receive one Phy Ed credit upon completion of the year long Independent Study.

Applications for Phy Ed Independent Study are found in the Guidance Office.

Acceptance to the Independent Study program is based on student scheduling needs.

HEALTH

Tri II or Tri III

This one-trimester course required for graduation is taken during 9th Grade. The content of this course is designed to provide students with knowledge that will help them build healthier lives. In today's society, it is of the utmost importance to become aware of the health risks associated with certain dangerous behaviors. Ultimately the decisions lie with each individual to choose a healthy life-style.

Grade 9

SUMMER HEALTH CLASS

Summer of 2016

This summer school course fulfills the one-trimester CDH Health requirement. By taking this required course in the summer, students can free up space during the school year to take other electives that they may be interested in. It will also be a great opportunity to meet many new CDH 9th graders. CDH Health instructors teach this class. Tuition is \$150.00 and is due at the 9th grade registration in March.

Please see the 2016 Summer School Guide on the CDH website for more information and the registration form.

Grade 9

PHY ED for JROTC

This Pass/Fail class of Physical Education is pre-scheduled for those students taking JROTC-LET 1.

Grade 9

Students may choose from the following courses according to their individual needs and interests.

ACTIVITIES

Tri I or Tri II or Tri III

This course is divided into several different units of two or three weeks in length. Some units include but are not limited to, volleyball, basketball, soccer, floor hockey, and softball. Student input will be used in selecting units for individual classes. Each activity is covered in three ways: introduction, fundamentals and games. Throughout the trimester cardiovascular fitness will be developed through running and other special activities.

Grade 9, 10, 11, 12

INDOOR RACQUET SPORTS

Tri II

This course will be divided into three units: badminton, pickle ball and Ping-Pong. Each unit is covered in three ways: introduction and fundamentals, practice and procedure and game or activity performance with an emphasis on playing games. We will also sprinkle in mini units that may include, but are not limited to, bowling and whiffle ball. Each class will begin with a cardiovascular and flexibility warm-up followed by the activity.

Grade 9, 10, 11, 12

OUTDOOR EDUCATION

Tri I or Tri II or Tri III

Outdoor Education will bridge multiple intelligences by combining practical science knowledge with a diversity of experiences to help students understand themselves and their environment better. Students will use “real experiences” to help them understand their natural surroundings and ways to enjoy them. This class will include on-the-water sports, shooting sports, and adventure challenges and the applicable science concepts that go with them.

In addition to meeting for one class period each day, students are required to participate in 40 hours of Active Learning outside of school. Students will receive 2 trimester credits: 1 Physical Education credit and 1 Science credit. Students interested in taking this class more than one trimester, can take the classes in trimesters 1 and 2 **or** trimesters 2 and 3.

Some activities will require fees.

Grade 11, 12

RACQUET SPORTS

Tri I or Tri III

The course will be divided into three different units: tennis, badminton and pickle ball. Each activity will be covered in three ways: introduction, fundamentals and games. Throughout the trimester cardiovascular fitness will be developed through running and other special activities.

Grade 9, 10, 11, 12

STRENGTH AND ACTIVITIES COMBINATION

Tri I or Tri II or Tri III

We are offering students the opportunity to utilize our multi purpose Fitness Center as well as be involved in weekly activities sessions in one class. The activity sessions will involve several mini units to encourage the students’ lifetime sports development. These units will include but are not limited to: volleyball, basketball, soccer, floor hockey, ultimate Frisbee and razzle dazzle football 2 days per week. In addition to these activities units, the students will take part in a detailed orientation of our Fitness Center that leads to a regular schedule of 3 days per week dedicated to strength development. We encourage those students that are seeking an environment dedicated to the development of lifetime wellness, strength development and competitive team building activities to sign up for this course.

Grade 9, 10, 11, 12

STRENGTH AND CONDITIONING - I**Tri I or Tri II or Tri III**

This course introduces the benefits of strength and conditioning training. The students will take part in a full and complete orientation/introduction of the CDH Strength and Fitness Center that includes an explanation of exercises for a full body workout as well as safety and organizational tips to assist the students in their development. Students will be given programs to follow or assisted in developing individualized weekly schedules that covers the basic expectations of the course. Each student will have clearly defined expectations in the areas of strength, cardiovascular and core and abdominal development with the additional expectation of tracking all of their workouts in writing throughout the trimester. Each 5-day program will be designed with the students prioritized individual needs in mind. In this course, the student will be using the Fitness Center five days a week.

Grade 9, 10, 11, 12**STRENGTH AND CONDITIONING - II****Tri I or Tri II or Tri III**

This course is designed for the most seriously committed students in the area of strength and conditioning development. Students must take Strength and Conditioning - I - Intro and have teacher permission to take this course. The students will take part in a brief review and reminders orientation/introduction of the CDH Fitness Center to ensure that safety and proper technique is used in the room at all times. Students will be given programs to follow or assisted in developing individualized weekly schedules that covers the basic expectations of the course. Each student will have clearly defined expectations in the areas of strength, cardiovascular and core and abdominal development with the additional expectation of tracking all of their workouts in writing throughout the trimester. Each 5-day program will be designed with the students prioritized individual needs in mind.

Prerequisites: Strength and Conditioning I***Grade 9, 10, 11, 12*****WOMEN'S FITNESS CLASS****Tri I or Tri II or Tri III****(8th hour only)**

This course is designed to meet the needs of our female students who would like to work out at the end of the day. This course also helps build self-esteem and positive self-image. Activities will include but not be limited to, fitness center workouts, games, aerobic workouts, exercise balls and, weather permitting, some outside activities. Classroom instruction will also occur.

Grades 10, 11, 12**YOGA****Tri I or Tri II or Tri III**

Yoga will give students the opportunity to practice yoga postures, breathing exercises and meditation. Yoga will help students become healthier in body, mind and spirit. This course will focus on improving muscle tone, flexibility, strength, balance and endurance. Students will also focus on reducing stress, quieting the mind and increasing self-esteem through Yoga. Students will also work on improving their cardiovascular endurance through different running exercises.

Grades 9, 10, 11, 12