

## Physical Education & Health

As individuals created in the image of God, we have a responsibility to care for the human body God has given to us. The core of the physical education curriculum is to develop attitudes and practices of life-long health, nutrition and fitness in our students. Our goal is to teach students the skills and habits necessary to develop these attitudes and lifestyle.

**Five semesters are required for graduation. Students should take at least one credit a year to ensure completion.** See page 8 for athletic participation alternative credit.

<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>
Earlybird Physical Education	Earlybird Physical Education	Earlybird Physical Education	Earlybird Physical Education
Driver's Education	Driver's Education	Driver's Education	Driver's Education
Physical Education	Physical Education	Physical Education	Physical Education
	Dance I	Dance I	Dance I
	Health	Dance II	Dance II
	Personal Health & Well Being	Personal Health & Well Being	Personal Health & Well Being
		Physical Education (H)	Physical Educ. (H)
		Strength Training	Strength Training

### DANCE I

This course is an introduction to dance using a variety of styles, upper and lower body strengthening, and flexibility training. Emphasis is placed on technique, artistic expression, coordination, and basic skill development in jazz, hip-hop, and other styles. Course may be taken for Fine Arts or Physical Education credit.

**Prerequisite:** 2 credits of regular PE or by permission

**Grade Level:** 10, 11, 12      **Semesters:** 1

### DANCE II

This course builds on the techniques learned in Dance I and furthers the level of ability, upper and lower body strengthening, and flexibility training. The course will also include the creation of original choreography. Emphasis is placed on technique, artistic expression, and further skill development in jazz, modern, Latin, and other dance styles. Course may be taken for Fine Arts or Physical Education credit.

**Prerequisite:** Dance I or by permission

**Grade Level:** 11, 12      **Semesters:** 1

### PHYSICAL EDUCATION (H)

This course is designed to focus on cardiovascular and strength training. Instruction on form and technique will be given throughout the semester. An individualized exercise prescription will be designed to enhance the student's experience.

**Prerequisite:** Prior completion of 3 semesters of Physical Education and permission of instructor. See **General Honors/AP Course Requirements on page 16.**

**Grade Level:** 11, 12      **Semesters:** 1

### PHYSICAL EDUCATION

#### EARLYBIRD PHYSICAL EDUCATION

This course is designed to develop physical skills while improving overall fitness. It will acquaint the students with the basic skills and rules of many team, individual, and lifetime sports. There is flexibility in this course to provide students opportunities for participation in competitive teams sports or individualized fitness programs.

**Earlybird:** Meets four days per week from 7:00 – 7:45am.

**Grade Level:** 9, 10, 11, 12      **Semesters:** 1

### *Physical Education & Health (continued)*

#### **DRIVER'S EDUCATION**

This course seeks to develop proper habits, attitudes, courtesies and skills necessary for successful driving today. Classroom and behind-the-wheel instruction provided by an independent, outside contractor prepares the student to obtain an Illinois driver's license. **It is important to understand that this course is not taught by Wheaton Academy faculty; instead an outside driving school provides the instruction during the school day at Wheaton Academy.** Because instructors are not associated with Wheaton Academy in any way, parents should use their judgment when deciding whether or not to use this service. Driver's education may be substituted for one semester of physical education.

**Prerequisite:** age 15 by beginning of semester.

*An additional fee will be required payable to the outside contractor. This fee is not added to Wheaton Academy tuition accounts.*

**Grade Level: 9, 10, 11, 12      Semesters: 1**

#### **STRENGTH TRAINING**

This class is for students who seek to further develop their strength training. It will incorporate concepts of exercise physiology and help students put together a training program to tone and gain muscle mass.

**Grade Level: 11, 12      Semesters: 1**

#### **HEALTH**

This course is designed to help students recognize the value of attaining and maintaining good health. The class includes a topical look at nutrition, human sexuality, controlled substances, and fitness. Students will develop an individualized health plan for personal fitness and nutrition. **Grade Level: 10      Semesters: 1**

#### **PERSONAL HEALTH AND WELL-BEING**

This class provides a mix of traditional PE activities while developing an understanding of lifetime fitness. Personal conditioning, flexibility, weight training, nutrition, and mental health issues are all components of this class. Students will learn to use the Polar heart rate monitor and pedometer as a primary tool for evaluation.

**Prerequisite:** Health

**Grade Level: 10, 11, 12      Semesters: 1**