

Solorio Physical Education Department

Philosophy:

The goal of the Physical Education Department at Solorio High School is to prepare students for life after High School by providing them with essential skills that will help them develop physically, emotionally, and socially. The Physical Education staff hopes that with the variety of experiences students will be given throughout the curriculum that each student will gain the skills, knowledge, determination and confidence to continue to make healthy lifestyle choices for the remainder of their lives!

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Grading Policy:

Students are graded in physical education in three areas. 25% of the students' grades will be based on their skills. 25% will be based on their knowledge and 50% will be based on their Participation, Attitude and Responsibilities (P.A.R.).

The **Skills** portion will consist of their performance on fitness testing, skills tests from each unit.

The **Knowledge** portion will consist of Final exams, unit exams, quizzes and homework.

The **P.A.R.** portion will consist of students' daily participation, cooperation, teamwork, respect for others, sportsmanship, being prepared for scheduled activity, being punctual to class and being dressed in proper uniform.

Physical Education

Course Description 2017-2018

Course: Physical Education I

Course Code: 990101 Credit: 1.0

Requirement: Yes Instructional Levels: Regular

Description: Physical Education I trains students to be responsible adults through sports, sports-related activities, and the knowledge and application of appropriate and correct health habits. The curriculum includes mental health, family life and sex education, dancing, weight training, and a variety of sports. Through physical education, students are prepared to accept and manage the daily challenges of life enthusiastically, responsibly, and confidently.

Health Education Credit

Grade Level: 9 Prerequisites: None

Course: Physical Education II

Course Code: 990201 Credit: 1.0

Requirement: Yes Instructional Levels: Regular

Description: Physical Education II further trains students to be responsible adults through sports and team participation with emphasis on leadership and related activities. In the driver education component of PE II, students learn the rules of the road, the mental mindset to be a responsible and conscientious driver, and driving skills. In the drug education component, students learn the different categories of legal and illegal drugs, how and why drugs affect the body, and the dangers and consequences of misuse and abuse.

Students are taught ways of refusing drugs offered for recreational use.

Driver Education Credit

Grade Level: 10 Prerequisites: None

Course: Physical Education- Individual and Lifetime Activities

Course Code: 990401R

Requirement: No Instructional Levels: Regular

Description: Students will engage in a variety of physical activities designed to promote and develop lifelong health and skill related fitness through participation in individual lifetime physical activities including tennis, track and field, badminton, pickle ball, jogging, archery, swimming and strength training.

Grade level: 11-12 Prerequisites: PE I and PE II

Course: Team Games and Sports

Course Code: 990311R

Requirement: No Instructional Level: Regular

Description: This course will focus on developing and maintaining health related and skill related fitness through participation in various team games and sports in a recreational setting. Team sports include: basketball, volleyball, flag football, ultimate Frisbee, soccer and water polo.

Grade Level: 11-12 Prerequisites: PE1 and PE II

Course: Adapted P.E. Junior Leaders

Course Code: 986101 Credit: 1.0

Requirement: No Instructional Level: Regular

Description: Adapted P.E. Leaders class is focused and designed to educate students on how to become an effective leader while working with students with severe disabilities in the special education population. Through various sports and activities, leaders will assist the Adapted P.E. students each day by working with a partner(s). Leaders will make sure that all Adapted P.E. students are involved and that all students are safe. Throughout the semester, students will plan and lead activities, read articles and watch videos about specific disabilities and syndromes in order to become more educated on the student population they are working with. This class is designed to give these leaders an opportunity to explore the profession of special education, adapted physical education and therapeutic recreation.

Grade Level: 11 Prerequisites: Teacher recommendation

Course: Adapted P.E. Senior Leaders

Course Code: 986201 Credit: 1.0

Requirement: No Instructional Level: Regular

Description: Adapted P.E. Leaders class is focused and designed to educate students on how to become an effective leader while working with students with severe disabilities in the special education population. Through various sports and activities, leaders will assist the Adapted P.E. students each day by working with a partner(s). Leaders will make sure that all Adapted P.E. students are involved and that all students are safe. Throughout the semester, students will plan and lead activities, read articles and watch videos about specific disabilities and syndromes in order to become more educated on the student population they are working with. This class is designed to give these leaders an opportunity to explore the profession of special education, adapted physical education and therapeutic recreation.

Grade Level: 12 Prerequisites: Teacher recommendation

Course: Dance

Course Code: 920901R / 920902R Credit: 1.0

Requirement: No Instructional Level: Regular

Description: In this P.E./Fine Arts course, students are challenged in sessions of dance techniques that use their maximum movement range. Various styles of dancing are explored. Individuality of artistic expression is encouraged through improvisation and composition, using specific choreographic forms. This course provides instruction in dance history, anatomy, and choreographic techniques. Performance components include: the students presenting their dance, teaching the history, and instructing the class how to perform their choreography.

Grade Level: 11 and 12 Prerequisites: PE I and PE II

Course: Physical Education for Athletes

Course Code: 994901R Credit: 1.0

Requirements: No Instructional Level: Regular

Description: Students will engage in activities that are designed to improve their skill related fitness including: balance, agility, coordination, power, reaction time and speed. Students will also learn advanced recovery techniques.

Grade Level: 11 and 12 Prerequisites: PE I and PE II