

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!

Staff:

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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.

Courses:

PE I

Health Education

PE II

Driver's Education

Dance

Competitive and Team Sports

Individual Lifetime Activities

Adapted Physical Education Adapted Junior/Senior Leaders

PE I-Health

Prerequisites: None

COURSE DESCRIPTION

Students will engage in a variety of physical activities designed to promote and develop lifelong health and skill related fitness. Experiences may include, but are not limited to: fitness based activities, fitness testing, health related concepts, individual and team activities, aquatics, and dance. Students will also engage in a classroom based health course that includes the following components of health; physical, spiritual, emotional, mental, environmental and social.

PE II

Prerequisites: Physical Education 1 - Health

COURSE DESCRIPTION

Students will engage in a variety of physical activities designed to promote and develop lifelong health and skill related fitness. Experiences may include, but are not limited to: fitness based activities, fitness testing, health related concepts, individual and team activities, aquatics, and dance. Students will also engage in a driver's education course.

PE-Team Sports (Competitive)

Prerequisites: Physical Education I – Health, Physical Education II – Drivers Education

COURSE 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 competitive setting. Team games and sports may include but not limited to: basketball, flag football, soccer, ultimate Frisbee, Pickleball, badminton, and volleyball.

PE-Indv/Lifetime Activity

Prerequisites: Physical Education I – Health, Physical Education II – Drivers Education

COURSE 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 but not limited to dance, bicycling, bowling, golf, ice/inline skating, jogging, martial arts, racquetball, skiing, tennis, walking and dancing.

Dance – PE

Prerequisites: Physical Education I – Health, Physical Education II – Drivers Education

COURSE DESCRIPTION

Dance-PE is an introductory course to the study of dance as a lifetime physical activity choice. Student learning includes opportunities to develop and maintain kinesthetic awareness, proper body alignment, strength, flexibility, general dance principles and dance history/connections. This course focuses on the development of a basic understanding of dance as an art, dance vocabulary, and basic dance movement skills. Students will participate in dance-movement activities that are moderate to vigorous in intensity an average of at least 50% of the class period.