

# Kinetic Wellness Department

The District 308 Kinetic Wellness departments strive to provide students with a comprehensive, challenging curriculum in physical education, health education and driver education which will contribute to the development and maintenance of student's physical, cognitive and affective health and wellbeing. Through these efforts, it is our mission for students to apply the knowledge and skills they acquire to achieve lifelong fitness and wellness for themselves, their families and their communities.

Grade 9	Grade 10	Grade 11*	Grade 12*
PE Foundations Heath Education Collaborative PE	PE 10 (1) (2) Required Dance Advanced Swimming (At OEHS Only) CPR First Aid Advanced Fitness Team Building Introduction to Team Sports Introduction to Individual Sports Collaborative PE	Advanced Dance Advanced Team Sports Advanced Individual Sports Excel Honors Introduction to Athletic Training and Sports Medicine Adventure Education Early Bird Strength Training/Speed Training Advanced Heath 1 Advanced Health 2 PE Leaders Collaborative PE Advanced Personal Fitness 1&2	Advanced Dance Advanced Team Sports Advanced Individual Sports Excel Honors Introduction to Athletic Training and Sports Medicine Adventure Education Early Bird Strength Training/Speed Training Advanced Health 1 Advanced Health 2 PE Leaders Collaborative PE Advanced Personal Fitness 1&2

\* 11<sup>th</sup> and 12<sup>th</sup> grade athletes may be excused from participating in physical education, during their season.

## Kinetic Wellness Policies

According to school board policy, every student shall participate in physical education every semester of high school attendance and receive credit per term towards graduation. The following policies are mandatory

- Doctors' notes for disability** must be on file in the nurse's office in order to be excused from regular physical education either temporarily or permanently. Students falling in this category will be placed on a modified physical education program.
- PE waiver requests are determined on the following according to school board policy:**
  - Students in grades 9 through 12 may be excused from participating in physical education for the following reasons:
  - A physical or emotional condition diagnosed and reported by a person licensed under the Medical Practice Act and submitted to the school by the student's parents/guardian. The student shall be provided alternative special activities in an Adaptive Physical Education/Wellness class.
  - Enrollment in a class necessary to meet specific state and local graduation standards, when the addition of such a course would result in a course load of more than the District's normal practice.
- Students in grades 11 and 12 may be excused from participating in physical education for the following reasons:**
  - Enrollment in a specific academic course not included in existing state or local minimum graduation standards, but required by a post-secondary institution the student plans to attend when the addition of such a course to the student's schedule would result in a course load of more than the District's normal practice.
  - Enrollment in a class necessary to meet specific state and local graduation requirements when the addition of such a course to the student's schedule would result in a course load of more than the District's normal practice.
  - A student may take no more than two semesters of PE per year unless choosing an elective or to remediate failure.
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## Course Descriptions

**9009 - PE 9 Foundations - 0.5 credit (1 semester)**

**GRADUATION REQUIREMENT**

**Grade Level: 9**

**Fee: None**

**Prerequisite: None**

Freshman foundations is a classroom and lab-based class that is required for all incoming freshmen. Throughout this course students will learn about the human body systems, the five health related fitness components, basic cardiovascular training and weight lifting principles, and introduced to heart rate monitors and target heart rates. Students will apply these concepts in the fitness center while developing a personalized fitness plan. At OEHS, students also participate in an introduction to swimming and water safety as part of the required curriculum.

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**9010-1 - PE 10 Individual - 0.5 credit (1 semester)**

**GRADUATION REQUIREMENT**

**Grade Level: 10 only**

**Fee: None**

**Prerequisite: Freshman Foundations**

This is a required 18 week course that expands upon the knowledge gained in Freshman Foundations course the previous year. Students will be introduced the following curricula; advanced fitness, teambuilding, advanced swimming (OEHS only), and Individual sports. This course will focus on advancing the students' knowledge in relating one's individual fitness program, and learning the basic core lifts involved in our junior/senior excel program, improving social emotional learning, swimming and lifesaving skills, and acquisition of skills and basic game knowledge of variety of individual sports. Examples of these activities include but are not limited to badminton, ping pong, tennis, disc golf, and pickle ball.

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**9010- 2 - PE 10 Team - 0.5 credit (1 semester)**

**GRADUATION REQUIREMENT**

**Grade Level: 10 only**

**Fee: None**

**Prerequisite: Freshman Foundations**

This is a required 18 week course that focuses on the introduction of basic first aid and Heart SacerCPR. Certification will be given to students. Students also participate in a four week dance unit which includes partner dances, line dances, and the opportunity to create their own dance patterns. The remainder of the course will introduce students to a variety of skills and knowledge in the area of team sports that create and promote a healthy life style. Examples of these activities include, but are not limited to, volleyball, basketball, softball, hockey, and flag football.

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**9081 - Collaborative PE – 0.5 credit (1 semester) (OHS only)**

**GRADUATION REQUIREMENT**

**Grade Level: 9-12 LSP / 11-12 General Education**

**Fee: None**

**Prerequisite: PE Foundations, Health, 10-1 and 10-2**

Collaborative PE focuses on teaching methods designed to meet the needs of any/all students. Students with disabilities will be accompanied by peer leaders to promote inclusion within the class and school. It is designed for students who cannot safely and/or successfully participate in the regular physical education program due to physical and/or intellectual disabilities. This program is a cooperative/leadership program established in order to provide a chance for all students to work to one's full physical potential. This class allows students with disabilities to be fully included and for students in general education to become friends, leaders, and be given opportunities not otherwise had.

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## **Junior/Senior Elective Program**

*(2 credits, 4 semesters, students are only allowed 1 credit per year) Grade Level: 11-12*

*Students may choose from the following classes in Physical Education:*

### **9006 - Fall Athlete Excused from Physical Education**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

During the Fall semester, the student will be registered for and attend the PE Excused Study Hall (Course # 9006) 1st or 8th period or will follow a late arrival/early dismissal schedule.

This will continue for the entirety of the first semester.

The student will be excused from all PE assignments occurring during the First semester and will earn a passing grade for the course.

The student may not register for an additional course in lieu of taking the PE Excused Study Hall. \*If at any point the student athlete is no longer a member of the team, s/he will return to PE for the remainder of the semester.

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### **9007 - Winter Athlete Excused from Physical Education**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

Semester One

Student will be enrolled in a PE course of their choosing for the entire Fall Semester.

Semester Two

Student will be registered for a 1st or 8th period PE Excused Study Hall (Course # 9007) for the entire Spring semester. (Student will be excused from all PE assignments during the Second semester and will earn a passing grade for the course.)

The student may not register for an additional course in lieu of taking the PE Excused Study Hall. \*If at any point the student athlete is no longer a member of the team, s/he will return to PE for the remainder of the semester.

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### **9008 - Spring Athlete Excused from Physical Education**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

Student will be registered for a 1st or 8th period PE class comprised of Winter and Spring athletes.

Prior to the Spring athletic season start date, the student will participate in the PE course.

At the start of the Spring Athletic season, the student will attend the PE Excused Study Hall 1st or 8th period or will follow a late arrival/early dismissal schedule.

(Student will be excused from all PE assignments during the Spring athletic season.) \*If at any point the student athlete is no longer a member of the team, s/he will return to PE for the remainder of the semester.

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### **9071-1 - PE Leaders – 1.0 credit (2 semesters)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

This course is a 1 year commitment that juniors will be trained on the freshman and sophomore curriculum. During the 1<sup>st</sup> semester of the course they will use the Quality of Leader text to discuss leadership qualities and how to apply them in the second portion of the course. Students will be required to create a portfolio, interview, create a resume, create a dance project, fitness projects, fitness testing, create a game, and complete a bullying project. Students will go through each unit of the freshman and sophomore curriculum so they have an understanding of what is taught and why. During the student's second semester of the course they will pair up with a teacher and PE foundations, 10-1 or 10-2. They will be responsible for the following: developing and leading warm-ups, being a peer coach, to think like a leader and teacher, assist in fitness testing, assisting students, and any other leadership opportunity. They students will receive feedback from the teacher they are peered with and opportunities to grow the listed skills throughout the year course. Students will be required to do fitness activities and participate in PE as it is their class as well. Note:

\*An application will be required for this class, students can only be taken once during their 11 – 12 school year.

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### **9021 - Advanced Dance - 0.5 credit (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

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**Fee: None**

This is an 18 week course that is available to juniors and seniors as part of the elective choices. The class encompasses four learning objectives: strength and fitness, flexibility training, dance technique and dance history. Dance genres that will be taught include but are not limited to ballet, jazz, tap, modern and hip hop. Students will learn advanced dance skill, technique, choreographed routines and create their own piece that will be performed and taught to their peers. Proper dance footwear will be required for the class. (Ballet or Tap shoes) Students may only take one timer per school year.

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**9011-1 - Advanced Team Sports - 0.5 credit (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

Students participate in a variety of classic team sports such as basketball, team handball, volleyball, football, soccer, and hockey. Students will be reinforcing basic skills taught in PE 10 and build on advanced skills and strategy application. The activity that is taught in class will be dependent on the term of Physical Education in which the student is enrolled. For example, football will be offered in the spring and fall, and basketball will be offered in the winter.

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**9011 - Advanced Individual Sports- 0.5 credit (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

Students will participate in a variety of individual sports such as tennis, badminton, dance, swimming, pickle ball, disc golf, bags, and bocce ball. Students will be reinforcing basic skills taught in PE 10 and build on advanced skill and strategy application. The activity that is taught in class will be dependent on the term of Physical Education in which the student is enrolled. For example tennis would be offered in the spring and fall, and badminton would be offered in the winter.

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**9041-1 - Excel - 0.5 credit (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: \$10 (covers cost of weight club t-shirt, workout logs, and technology)**

Students build off of concepts learned in 10 Individual. They participate in strength training, fitness testing, speed training, plyometric training, and aerobic activities. Students who are athletes will do in season, out of season, and preseason work outs. Students will learn about the Exercise science behind what their bodies are doing while they workout and what is necessary for results. (students may take two semesters in one school year.)

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**9061-1DC - Advanced Personal Fitness 1 – 0.5 (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: \$8 (Student fee for Waubensee Community College)**

**Prerequisite: Successful completion of Freshman Foundations and Sophomore 10.1 individual and 10.2 team**

This course focuses on improving an individual's physical fitness and wellness through cardiovascular training, muscle toning, and brain- body coordination and development. Designed for the student who strives to reach optimal fitness levels, this course emphasizes the knowledge and skill practice required for students to create an individualized exercise plan using the components explored in class. Students will participate in fitness screening to determine current fitness levels as well as benefit-to-risk ratio. They will create a personalized exercise program to control body weight and/or tone the body. Students will consider the factors involved in increasing and decreasing body weight before setting realistic short and long-term goals to develop and maintain their fitness program. **(Dual Credit Courses PED 136)**

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**9061-2DC - Advanced Personal Fitness 2 – 0.5 (1 semester)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: None**

**Prerequisite: Successful completion of Advanced Personal Fitness 1**

This course will consist of the application portion of Advance Personal Fitness 1. Students will have the ability to complete personal fitness plans that are adjusted to their goals. Plans will consist of nutrition, cardiovascular endurance and muscular strength and endurance improvements. This course will equip the students with the knowledge and experience to become a lifelong health advocate for themselves. **(Dual Credit Course PED 140 – Course can be taken up to 3 times for dual credit).**

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**9082 – Honors Introduction to Athletic Training and Sports Medicine 1.0 credit weighted (All year)**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: \$35 (covers cost of workbook and consumables such as tape and underwrap)**

**Prerequisite: Application and 2 teacher recommendations**

This honors-level class will replace the current Sports Medicine course. It is an articulated credit course, through WCC, that will introduce students to the basic principles of human anatomy for the prevention, treatment, and rehabilitation of common injuries and illnesses. Students will learn taping and wrapping techniques for several sport related injuries. Students will learn about basic first aid. This course is designed to prepare students for careers in the fields of athletic training, physical therapy, EMT, paramedic and other medical professions. An extra-curricular practicum experience is expected of all students or no credit will be awarded for the class. During the extra-curricular practicum, students will be assisting Athletic Trainers at athletic contests and practices. Students can only take the course once.

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**9091 - Adventure Education 0.5 credit (1 semester)**

**OPEN ELECTIVE**

**Grade Level 11-12 only**

**Fee: None**

**Prerequisite: None**

This class introduces teambuilding as a skill. A skill that is needed to be successful in today's workforce. After completing teambuilding, students will have the chance to participate in the following activities based on the faculties at the school: rock climbing, kayaking, archery, orienteering, and outdoor survival.

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**9112 - Early Bird Strength Training - 0.5 credit**

**OPEN ELECTIVE**

**Grade Level: 11-12**

**Fee: \$10 (covers cost of t-shirt and log book)**

**Prerequisite: Placement through the Kinetics Wellness Department (10<sup>th</sup> grade by special recommendation)**

Students who have a full academic schedule and wish to maintain a high level of performance in the field of athletics and need to meet their physical education credit may take this class. This class begins at 6:25 and ends at 7:10. This class is a strength and conditioning class that builds off of the core lifts in weight training and focuses on developing a student's muscular strength, flexibility, cardiovascular fitness, and skill related components through strength training. Student may take two semesters.