





# Physical Education, Health Education, Driver Education

Homewood-Flossmoor High School

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*H-F Academic*  
School Year 2011-2012

## Program Rationale

**Physical Education & Health:** Effective human productivity depends upon optimum physical well-being and healthy living. With the belief in the fundamental worth and dignity of individuals and recognition of diversity of backgrounds, abilities, interests, and aspirations, students will be provided with an opportunity to develop lifelong healthy habits.

**Driver Education:** The program is designed to cultivate a healthy attitude of defensive driving, as well as responsible and cooperative use of the highway transportation system.



## Program Goals

**Physical Education:** The P.E. program at H-F provides learning experiences designed to fulfill developmental and behavioral needs of each student. The program emphasizes skill development, knowledge of activities, fitness, sportsmanship, and makes every effort to foster positive attitudes through a variety of instructional activities, including the following: sport skills, dance, team-building exercises, recreational games, leisure activities, strength training, personal fitness assessment, individual program development, and an appreciation of total body fitness.



**Health Education:** The goal of the Health Education program is to promote the knowledge and skills essential to the development of the optimum level of emotional, mental, social, and physical health in an expanding global society.

**Driver Education:** The Driver Education program at H-F aims to provide students with the information necessary to develop a thorough understanding of the safe and efficient operation of motor vehicles.



## Program Learning Objectives

### Physical Education

Students will...

- Understand how to develop a strong, healthy body;
- Develop good health habits;
- Develop athletic and fitness skills for use now and in adult life;
- Understand the social values inherent in competitive activities;
- Identify the need to maintain an active lifestyle and develop a wholesome attitude towards their physical selves;
- Participate in leisure time activities that will allow them to benefit from the social growth these activities provide;
- Understand fitness assessments and how to develop an individual fitness plan for maintenance or improvement of personal fitness.

### Health Education

Students will...

- Understand body systems and factors that influence growth and development;
- Promote and enhance health and well-being through the use of effective communication and decision-making skills;
- Analyze how stress can affect physical, mental, emotional, and social health and evaluate strategies to reduce stress;
- Identify warning signs of various emotional and physical disorders that should prompt individuals to seek professional help;
- Evaluate the benefits of a drug-free, alcohol-free, and tobacco-free lifestyle;
- Develop strategies for preventing, identifying, and treating communicable diseases including STDs;
- Analyze how environmental conditions can affect health.

### Driver Education

Upon successful completion of the driver education program, students will...

- Evaluate traffic scenes in order to make safe and effective decisions while driving;
- Understand the risks and consequences involved with operating a vehicle while under the influence of alcohol or drugs;
- Know the Illinois Rules of the Road;
- Know how to adapt to a variety of driving conditions;
- Understand the financial and practical aspects of owning a vehicle;
- Know the basic techniques of operating a vehicle;
- Explain how overall attitude can affect safe driving.



# Health/Driver Education & Physical Education

## Health/ Driver Education

## Physical Education

Freshman

**Health**  
7594 AC  
7595 CP  
7593 H  
(one semester)

### Physical Education

7401 CP  
(one semester)

### Physical Education

7401 CP  
(one semester)

Sophomore

**Driver/Safety  
Education**  
7305/7306 CP  
(one semester)

### Physical Education

7301 CP  
(one semester)

### Physical Education

7302 CP  
(one semester)

**SELECT ONE EACH**

OR

**SELECT TWO EACH YEAR**

Junior

**Introduction to  
Sports Medicine**  
7597 H  
(one year)  
Junior/Senior

**Personal Fitness**  
7240/7241 CP  
(one semester)  
Junior/Senior

**Outdoor Education  
Skills**  
7205/7206 CP  
(one semester)  
Junior/Senior

**Individual & Lifetime  
Activities**  
7227/7228 CP  
(one semester)  
Junior/Senior

**Team Games &  
Sports**  
7210/7211 CP  
(one semester)  
Junior/Senior

Senior

**Dance 1**  
7168 CP  
(one year)  
Junior/Senior

## Consent Required\*

**Leaders in Training\***  
7250/7251 H  
(one year)  
**Junior**

**Senior Leaders\***  
7260/7261 H  
(one year)  
**Senior**

**Lifesaving\***  
7160 CP  
(one semester)  
**Junior**

**Lifeguards\***  
7180 CP  
(one semester)  
**Senior**

**Fitness &  
Performance I\***  
7220/7221 CP  
(one semester)  
**Junior/Senior**

## Physical Education/Health/Driver/Safety Education

Code	Title-Level	Year	Credit	Prerequisite	Grade
7401	Freshman Physical Education – CP	.5	.5	No	9
7594	Health – AC	.5	.5	No	9-10
7595	Health – CP	.5	.5	No	9-10
7593	Health – H	.5	.5	No	9-10
7597	Introduction to Sports Medicine – H	1	1	No	11-12
7301/7302	Sophomore Physical Education – CP	.5	.5	Yes	10
7305/7306	Driver/Safety Education – CP	.5	.5	Yes	10-12
7205/7206	Outdoor Education Skills – CP	.5	.5	Yes	11-12
7210/7211	Team Games and Sports – CP	.5	.5	Yes	11-12
7172/7173	Introduction to Dance – CP	.5	.5	Yes	11-12
7168	Dance 1 – CP	1	1	Yes	11-12
7170	Dance 2 – CP	1	1	Yes	11-12
7227/7228	Individual & Lifetime Activities – CP	.5	.5	Yes	11-12
7240/7241	Personal Fitness – CP	.5	.5	Yes	11-12
7160	Lifesaving – CP	.5	.5	Yes	11-12
7180	Lifeguards – CP	.5	.5	Yes	11-12
7250/7251	Leaders in Training – H	1	1	Yes	11
7260/7261	Senior Leaders – H	1	1	Yes	12
7600/7601	Adapted Physical Education	.5	.5	Yes	9-12

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Ext. 5340



**NOTE: H-F Uniform required for ALL P.E. Classes**

### Freshman PE

All freshmen typically will take one semester of PE and one semester of Health.

<p><b>Freshman Physical Education</b> Level: College Prep Prerequisite: None Open To: Freshman Length: Semester Credit: .5</p>	<p><b>7401</b></p>	<p>Freshman Physical Education is open to all ninth grade students and may include one semester of Health. The student becomes acquainted with the total program through short exposures to individual and team activities and is introduced to the health related fitness components.</p> <p>First semester students will participate in Tennis/Swimming and Basketball, Weight Training and Line Dance. Second semester students will participate in Basketball/Line Dance, Swimming and Tennis/Weight Training.</p>
<p><b>Health</b> Level: Academic Core Prerequisite: None Open To: Fr, Soph Length: Semester Credit: .5</p>	<p><b>7594</b></p>	<p>This course provides the student with opportunities to acquire knowledge and information concerning the relationship of health to oneself, family and community. Health is concerned with the ways and means of influencing positive changes in health-related behaviors enabling the student to act in ways which will provide optimum health.</p> <p>Students in the course, at this level, will engage in guided analysis and structured discussion involving health issues.</p>
<p><b>Health</b> Level: College Prep Prerequisite: None Open To: Fr, Soph Length: Semester Credit: .5</p>	<p><b>7595</b></p>	<p>This course provides the student with opportunities to acquire knowledge and information concerning the relationship of health to oneself, family and community. Health is concerned with the ways and means of influencing positive changes in health-related behaviors enabling the student to act in ways which will provide optimum health.</p> <p>Students in the course, at this level, should have reading and comprehension skills appropriate to their grade level.</p>

## Physical Education/Health/Driver/Safety Education

<b>Health</b> Level: Honors Prerequisite: None Open To: Fr, Soph Length: Semester Credit: .5	<b>7593</b>	This course provides the student with opportunities to acquire knowledge and information concerning the relationship of health to oneself, family and community. Health is concerned with the ways and means of influencing positive changes in health-related behaviors enabling the student to act in ways which will provide optimum health.  The course, at this level, requires mastery of entry-level skills. The pace of the course is rapid and emphasizes in-depth analysis of the material. Self-directed study and/or research are required.
<b>Sophomore PE</b>		
All sophomores typically will take one semester of PE and one semester of Driver/Safety Education.		
<b>Sophomore Physical Education</b> Level: College Prep Prerequisite: Freshman P.E. Open To: Sophomores Length: Semester Credit: .5	<b>7301/7302</b>	Sophomore Physical Education is open to all tenth grade students and will include a semester of Driver/Safety Education. The student gains knowledge and understanding of specific activities and develops skills in those areas. The students will be taught how to establish and monitor their target heart rate. They will also be assessed on their knowledge and use of the Polar Heart Rate Monitors.  First semester students will participate in Team Handball/Touch Football and Badminton-Pickleball/Water Games. Second semester students will participate in Ice Skating/Floor Hockey/Weight Training & Fitness and Softball/Volleyball.
<b>Driver/Safety Education</b> Level: College Prep Prerequisite: 15 years of age <b>Passed 8 high school courses during the 2 previous semesters</b> Length: Semester Credit: .5	<b>7305/7306</b>	This course is designed to include an emphasis on the development of knowledge, attitudes, habits, and skills necessary for the safe operation of motor vehicles including motorcycle safety. The course shall include additional instruction on public safety, vehicle dynamics, railroad safety, and basic CPR techniques. Students will be enrolled by birth dates with a pre-established cut off date based upon older students receiving first semester classes and younger students receiving second semester classes.  In addition, a small portion of the students will have an opportunity to concurrently receive behind-the-wheel instruction. Students are selected for driving by a "lottery" type system. <b>There is a fee for the behind-the-wheel phase of the program.</b> BTW is not a required class at H-F, but is required to qualify for a driver's license. Students not chosen in the lottery may sign-up to take behind-the-wheel in summer school or go to a private driving school.
<b>Junior/Senior PE</b>		
All juniors and seniors typically will take two semesters of activities each year.		
<b>Outdoor Education Skills</b> Level: College Prep Prerequisite: Sophomore PE Open To: Juniors, Seniors Length: Semester Credit: .5	<b>7205/7206</b>	Outdoor Education provides challenges for students interested in a different type of physical education experience. Students will learn a variety of outdoor skills necessary to enjoy and be successful and safe in various outdoor activities. Students will have the opportunity to visit forest preserves, a state park, and a nature center to apply all of the skills they have learned in a culminating experience each quarter. This class is open to all juniors and seniors and <b>may only be taken once during those years.</b>  First semester students will participate in Camping & Fitness, Archery, and Orienteering & Survival. Second semester students will be involved in CPR, Wilderness First Aid, Wildlife Study, Canoeing, Kayaking, Fishing, and Fitness.
<b>Team Games and Sports Skills</b> Level: College Prep Prerequisite: Sophomore PE Open To: Juniors, Seniors Length: Semester Credit: .5	<b>7210/7211</b>	Team Games and Sports Skills provide an opportunity for physical education students to participate in a variety of games within a team setting. Students will improve their individual skills specific to each activity and will be presented with new strategies that will enhance their game and tournament play. This class is open to all juniors and seniors and may be repeated during those years.  First semester students will participate in Touch Football/Ultimate Frisbee/Soccer and Volleyball/Basketball/Ice Games. Second semester students will participate in Basketball/Team Handball/Floor Hockey, and Softball/Lacrosse/Ultimate Frisbee.
<b>Dance 1</b> Level: College Prep Prerequisite: Sophomore PE Open To: Juniors, Seniors Length: Semester Credit: 1	<b>7168</b>	Dance 1 is a beginning level dance class that will take students through the history and performance of various dance styles. The class offers beginning level instruction and technique in ballet, jazz, and modern dance. Other styles will include, but are not limited to, contemporary, Latin, hip hop, and cultural dances from around the world. Through fitness exercises and nutritional lectures, students will learn how to properly take care of their bodies. Students will be evaluated mainly on their technique and comprehension of the various elements within the studied dance styles.
<b>Dance 2</b> Level: College Prep Prerequisite: Sophomore PE & <b>Dance 1</b> Open To: Juniors, Seniors Length: Semester Credit: 1	<b>7170</b>	Dance 2 is designed for students who have progressed to the intermediate and advanced levels through their work in Dance 1 or in private dance lessons. Dance 2 introduces skill and technique progressions at a higher level than those introduced in Dance 1. The class also shifts from the more history-based curriculum of Dance 1 to a creative and choreographic-based curriculum. In addition to their technique, students will be evaluated on their artistic ability to choreograph dance pieces. Students will also be evaluated on their organizational abilities in the areas of music, costumes, lighting, groups, and practice schedules for their dance pieces. A major evaluation for this course will be a recital in which all of the students' original dance pieces will be presented for a live audience.

## Physical Education/Health/Driver/Safety Education

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<b>Individual &amp; Lifetime Activities</b> Level: College Prep Prerequisite: Sophomore PE Open To: Juniors, Seniors Length: Semester Credit: .5	<b>7227/7228</b> The Individual and Lifetime Activities strand of the physical education program is open to all juniors and seniors who enjoy the challenge of improving their fitness levels while participating in enjoyable activities. Teambuilding activities included in this course help to build the confidence one needs to succeed in today's world. This course may be repeated.  First semester students will participate in Tennis/Social Dance, In-Line Skating, and Figure Skating/Fencing.  Second semester students will participate in Bowling/Badminton and Archery/Golf.
<b>Personal Fitness</b> Level: College Prep Prerequisite: Sophomore PE Open To: Juniors, Seniors Length: Semester Credit: .5	<b>7240/7241</b> Personal Fitness activities provide juniors and seniors with the opportunity to participate in a variety of activities which include stretching, toning, meditation, nutrition, and cardiovascular activities. This course may be repeated during junior and senior years.  Each semester students will participate in Yoga, Step Aerobics, Pilates, Kickboxing, Weight Training, Nutrition, Assessment and Program Development.
<b>Other</b>	
The following courses require special consent.	
<b>Fitness &amp; Performance I</b> Level: College Prep Prerequisite: Sophomore PE, <b>Dept. Consent</b> Open To: Juniors, Seniors Length: Semester Credit: .5	<b>7220/7221</b> Introduction to Fitness and Performance I provides a philosophical and technical introduction to the lifetime activity of resistance training. Students will be instructed in such domains as anatomy, basic physiology, biomechanics of exercise, and weight training facility safety and layout. Through strength training and fitness conditioning, students will understand how the merits of proper exercise can improve their quality of life.  <b>Prerequisite: Signature of sophomore, JV, or a varsity head coach or a previous physical education instructor.</b>
<b>Leaders-In-Training</b> Level: Honors Prerequisite: <b>Dept. Consent</b> Open To: Juniors Length: Year Credit: 1	<b>7250/7251</b> Leaders-in-Training provides an opportunity for students to develop their individual leadership skills, and will challenge them to excel above and beyond the expectations of the regular physical education program. Requirements within the course include major papers with oral presentations, observations, and written critiques. Enrollment is limited and on a first-come, first-served basis for those meeting consent requirements. Students sign up for both numbers to be enrolled for the year. <b>Students in the Leaders Program must maintain a C or higher grade for the quarter and a B average for the semester.</b>
<b>Senior Leaders</b> Level: Honors Prerequisite: Leaders in Training, <b>Dept. Consent</b> Open To: Seniors Length: Year Credit: 1	<b>7260/7261</b> <b>Prerequisite: Must have attained a B average or higher in Leaders-in-Training.</b> Senior Leaders provides the opportunity for students to incorporate and practice skills learned in leadership training by actively assisting physical education teachers in class. Requirements include demonstration of skills, small group and individual assistance, skill analysis, officiating, organizational skills, care and set-up of equipment, and student observations with written critiques. Students sign up for both numbers to be enrolled for the year.

## Physical Education/Health/Driver/Safety Education

<p><b>Health</b> <span style="float: right;"><b>7597</b></span>  <b>Introduction to Sports Medicine</b>            Level: Honors            Prerequisite: None            Open To: Juniors, Seniors            Length: Year            Credit: 1</p>	<p>This is an <b>elective</b> course designed to provide a challenging academic experience to students interested in sports medicine, athletic training, physical therapy, exercise science, or any other allied health profession. Throughout the year, students will examine various kinesiological, anatomical, physiological, and biomechanical factors that greatly impact human performance. Each student will also be exposed to the recognition, evaluation, treatment, and rehabilitation of athletic injuries.</p>
<p><b>Adapted Physical Education</b> <span style="float: right;"><b>7600/7601</b></span>            Level: College Prep            Prerequisite: Physician's Recommendation            Open To: Fr, Soph, Jr, Sr            Length: Semester            Credit: .5</p>	<p>The course is open to those students who require adaptations or modifications in their physical education program. Physical education activity pertinent to each individual's needs is planned and followed. Students may join regular physical education classes as needs and activities dictate. This is also based upon availability of space for the student. The program is composed of diversified activities, games, and sports suited to the interest and capabilities of the participant. Assignment to Adapted P.E. nullifies any athletic sports/teams participation. Students sign up for both numbers to be enrolled for the year.</p>
<p><b>Lifesaving</b> <span style="float: right;"><b>7160</b></span>            Level: College Prep            Prerequisite: Listed            Open To: Juniors, Seniors            Length: Semester            Credit: .5</p>	<p><b>Prerequisite:</b> Must be at least 15 years old. <b>Swim 500 yards continuously</b>, using these strokes in the following order: 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards of breaststroke; 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object. When returning to the starting point, the candidate must hold the 10-pound object with both hands and must keep his or her face above the water. Must pass pre-test as well as all skills tests to become a Certified Lifeguard.</p> <p>This class is a precursor to Lifeguard Certification and meets the American Red Cross Lifesaving Certification, CPR Certification, and Standard First-Aid Certification.</p>
<p><b>Lifeguards</b> <span style="float: right;"><b>7180</b></span>            Level: College Prep            Prerequisite: <b>Current Lifeguard Cert.</b>            Open To: Certified Juniors, Seniors            Length: Semester            Credit: .5</p>	<p>Students in this class will serve as the lifeguards for all swim classes. Duties include life-guarding, assisting in small group instruction, as well as, a final project.</p> <p>This course may be repeated during junior and senior years.</p>

# Notes