

PHYSICAL EDUCATION, HEALTH EDUCATION, AND DRIVER EDUCATION

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The Physical Education programs seek to provide opportunities for each student to develop their individual fitness level through a wide variety of coeducational, fitness-based activities.

PHYSICAL EDUCATION, HEALTH, & DRIVER EDUCATION COURSE LISTINGS

PHYSICAL EDUCATION COURSES

COURSE#	TITLE	LEVEL	PREREQUISITE
PE1100	P.E. (Freshman)	Yr. 9	None
PE2100	P.E. (Sophomore)	Yr. 10	P.E. 1
PE3100	P.E. (Junior)	Yr. 11	P.E. 2
PE4100	P.E. (Senior)	Yr. 12	P.E. 3
PE1000	Adapted P.E.	Yr. 9-12	Placement
PE1029	P.E. Leader	Yr. 11-12	Instructor approval

HEALTH EDUCATION COURSES

COURSE#	TITLE	LEVEL	PREREQUISITE
PE2101	Health Education	Sem. 10	None
PE20010	Online Health	Sem. 10	None
PE3101	Advanced Health	Sem. 11-12	Instructor Approval

DRIVER EDUCATION COURSES

COURSE#	TITLE	LEVEL	PREREQUISITE
DRVR2000	Driver Education*	Sem. 9-12	Minimum 8 classes passed in previous two semesters

* Course has a required fee for behind-the-wheel phase.

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PE classes are required every semester, except when taking Health (PE2101).

PE1100 PHYSICAL EDUCATION 1 *Grade 9.*

Emphasis for this course is on physical fitness, fundamental skills and rules of each activity, and knowledge of the importance of fitness for life. Units may include: Personal Fitness, Rock Climbing, Adventure Education, CPR & AED Course, and Fitness Integration Through Sport (FITS).

PE2100 PHYSICAL EDUCATION 2 *Grade 10.*

Sophomores will have Health for one semester and Physical Education for the other semester. Units will include: Social Dance, Fitness Consumerism, and Swimming.

PE3100 PHYSICAL EDUCATION 3

PE4100 PHYSICAL EDUCATION 4

Grade 11-12.

Physical fitness and knowledge of activities will continue to be developed, along with leadership and teamwork. Students have the opportunity to elect a variety of activities to enhance their fitness level. Units are selected by students in their physical education period. Courses will have maximum capacities. Units may include: BodySculpt, Applied Personal Fitness, Skill and Body Development, Lifetime Motion, Rollerblading, Softball, Golf, Football, Badminton, Lacrosse, Swimming, Indoor Hockey, Volleyball, Pickleball, Team Handball, Basketball, Soccer, Kayaking, Water Polo, Jazz Dance, Tap Dance, Dance of the Decades, Hip Hop Dance, Self-Defense, Bowling, CPR, Scuba, Rock Climbing and Adventure Education.

PE1046 PEER PARTNERS *Grade 11-12. Instructor approval.*

Peer Partner PE supports breaking down knowledge barriers in the field or court. Junior/Senior students in regular PE can choose to be in the selection process for Peer Partner PE. This includes daily reciprocal teaching among students with and without an IEP. Some students have intellectual disabilities as well as communication and behavioral challenges. Students learn they all have more similarities than differences. Once these relationships are built in Peer Partner PE, partners typically introduce their classmates to their friends. This is a grassroots program of playing and competing together for fitness through physical education and builds respect that benefits all students in our school communities. As one peer partner has stated, "This class is life changing!"

PE1029 P.E. LEADERS *Grades 11-12. Year-long. Instructor approval.*

This course is offered to students who are interested in developing leadership skills within a Physical Education environment. Junior year students will go through a year of training concentrating on skill development, technique analysis, game strategies, teaching progressions, and lesson-plan writing. A strong emphasis is placed upon the development of responsibility for self and others, leadership skills, and peer teaching. Senior year students will be able to utilize their leadership skills by assisting a Physical Education teacher. Responsibilities include leading warm-up activities, officiating game play, helping students with skill development, and being a positive role model to the students in class.

PE1052D LIFEGUARDING *Grades 11-12. Semester. Instructor approval.*

This course is offered to students who are interested in developing leadership skills within an aquatic educational environment. Junior/Senior year students will go through a semester of training in rescue and surveillance skills, First Aid and CPR/AED, swim lesson teaching strategies and other skills you need to work as a professional lifeguard, and/or swim lesson instructor. A strong emphasis is placed upon the development of responsibility for self and others, leadership skills, peer teaching and aquatic safety. This class will also award dual credit pending approval through College of DuPage in the amount of 3 credit hours. CPR, First Aid and lifeguard certifications can be received by passing certification tests at the end of the class. A lab fee will be charged.

HEALTH EDUCATION COURSE DESCRIPTIONS

PE2101 HEALTH EDUCATION

PE20010 ONLINE HEALTH EDUCATION Grade 10. *One semester, required by the State of Illinois to graduate.*

This course is incorporated into the Physical Education curriculum at the tenth-grade level. It includes the following areas of study:

Wellness

Stress Management

Mental Health

Suicide Prevention

Coping with Loss

Aging, Death, and Dying

Nutrition

Prevention and Control of Disease

Prevention of Alcohol, Tobacco, and other Drug Abuse

Male & Female Reproductive Anatomy & Physiology*

Human Growth & Development*

Abstinence*

Birth Control*

Marriage & the Family*

Sexually Transmitted Diseases*

Injury Prevention and Safety

*Parents may review course materials used in the instruction of these units and elect to have their child study alternative materials during the time allotted for a unit.

PE3101 ADVANCED HEALTH *Grade 11-12. One semester. Instructor approval.*

This course will provide students the opportunity to expand on their current level of health and wellness. Students study health issues in depth and further explore health-related concepts. Some topics covered are health promotion, disease prevention, interpersonal communication skills, critical thinking, decision making, health careers, and current health topics. Students will have input as to the topics covered in class.

DRIVER EDUCATION

The State of Illinois requires two phases of instruction to obtain a driver's license. The classroom phase is required for graduation. Both phases may be taken from either the high school or an accredited driver education business. If a student attends an outside agency, the student must submit proof of classroom phase completion to the guidance office. The State also requires that a student pass a minimum of 8 classes in the two preceding semesters including middle school to take Driver Education. Students register for driver education and receive credit like any other subject. Students are scheduled by birthdate priority. A student is not guaranteed driving during the semester he or she takes the classroom phase of Drivers Education. Any student participating in the behind-the-wheel phase will need to provide the instructor with two checks: one payable to the Secretary of State for the driving permit, the second payable to School District 204 to help defray the expense of the driving phase, an optional service our district provides.

CLASSROOM PHASE The State of Illinois requires at least 30 hours of instruction if the student desires to obtain his/her driver's license before 18 years of age. Classroom instruction is required for graduation and must be taken prior to or at the same time as the behind-the-wheel phase.

BEHIND-THE-WHEEL PHASE This part of the program is voluntary. The State of Illinois requires this phase if students desire their license before they reach 18 years of age. At least six hours driving instruction and six hours of observation time is required. Course has a required fee.

DRVR2000 DRIVER EDUCATION *Grade 9-12. One semester.*

The Driver Education program offers both classroom and behind the wheel instruction. The District reserves the right to deny a student behind-the-wheel instruction if it determines that the student is not capable of completing it safely.

PE: Dual Credit with College of DuPage

Students enrolled in the following courses may apply to earn dual credit with COD. High School students who wish to take the course listed below for dual credit will receive college credit and a COD transcript regardless of whether or not they continue at College of DuPage. These credits may be transferable to other institutions. All dual credit opportunities are pending an agreement between IPSD and COD. To qualify for dual credit, students must complete appropriate applications and placement testing as required by COD. Freshmen are not eligible for dual credit.

COURSE COMPLETED AT MVHS, NVHS, WVHS	CREDIT AT COD
PE1052D – Pending approval with COD	PE 2254 (3 hrs. credit)