

Physical Education K-12 Curriculum

Walled Lake Physical Education Program

Courses Required for Graduation

Personal Fitness I

Prerequisite: Suggested for 9th grade students .5 Credit
Students will participate in the classroom, fitness center, gymnasium, and pool. This required course covers the State of Michigan Core Curriculum for high school physical education and will emphasize personal fitness, lifelong fitness, and the theory and application of a healthy lifestyle.

Students will work on:

- . Cardiovascular fitness
- . Muscular fitness
- . Muscular endurance
- . Flexibility
- . Body composition
- . Aerobic Conditioning
- . Lifetime sports to possibly include:
 - Football/soccer
 - Team handball/speedball
 - Volleyball
 - Tennis
 - Basketball
 - Ultimate Frisbee
 - Dance

Teen Health

Prerequisite: Suggested for 9th grade students .5 Credit
Health is a required course for high school graduation. Students will become knowledgeable regarding:

- . First aid procedures and CPR
- . Effects of alcohol and other drugs
- . Human sexuality and reproduction
- . Communicable diseases
- . Wellness

Red Cross cards can be obtained in first aid and CPR

Electives

Prerequisite: Personal Fitness I .5 Credit
Suggested for 10th, 11th, 12th grade students

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Electives Available to All Students

(All elective classes can be repeated)

Personal Fitness II

Prerequisite: Personal Fitness I

.5 Credit

This course will make it possible for all the students who successfully passed Personal Fitness to continue participating in an approved personal fitness program set by the instructor and the student. This will also involve activities both inside and outside the center. Some possible activities are:

- Swimming
- Floor hockey
- Football/soccer
- Team handball/speedball
- Volleyball
- Tennis
- Basketball
- Ultimate Frisbee

Sports Officiating

Prerequisite: Personal Fitness I

.5 Credit

This course is for the student who has an interest in officiating as a part-time or full-time vocation. There are many opportunities for employment for students in our local recreation programs and local school districts. Students will gain the knowledge of the rules and their proper application as they relate to some of the following sports:

- Baseball
- Basketball
- Softball
- Soccer
- Volleyball
- Football

Individual and Lifetime Sports

Prerequisite: Personal Fitness I

.5 Credit

Swimming, golf, tennis, badminton, archery, table tennis, and racket sports are possibilities for this class. Facility and equipment availability as well as student interest will determine specific activities to be covered during the semester.

Team Sports

Prerequisite: Personal Fitness I

.5 Credit

Floor hockey, touch football, softball, basketball, volleyball, team handball, speedball, soccer, lacrosse, and water polo are possibilities. Facility and equipment availability as well as student interest will determine specific sports to be covered during the semester.

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Aerobics/Conditioning

Prerequisite: Personal Fitness I .5 Credit

Students will have an opportunity to continue an exercise program using various aerobic programs, weights, running, rope jumping, etc. With the instructor's help, each student will be able to work at his or her own rate.

Lifeguard Training

Prerequisite: Personal Fitness I .5 Credit

Students who are interested in acquiring or updating their Lifeguard Training Certificates can benefit from this course. It includes a full CPR course, lifeguard training and standard first aid. This course is advanced and physically demanding.

Advanced Weights

Prerequisite: Personal Fitness I .5 Credit

This class involves power lifting, plyometrics, and form running. This class is the most physically demanding of all of our courses.

Weight Training Plus

Prerequisite: Personal Fitness I .5 Credit

Once the student completes the pre-lifting phase, he/she is to select a program of exercise including upper body, lower body and abdominal exercises. Students could train for :

- A general program
- Or
- A specific sport such as :
 - Hockey
 - Football
 - Basketball
 - Volleyball
 - Baseball
 - Wrestling
 - Soccer
 - Track & Field

Students will play team and individual sports in this class.

Personal Weights

Prerequisite: Personal Fitness I .5 Credit

Once the student completes the pre-lifting phase, he/she is to select a program of exercise including upper body, lower body, and abdominal exercises. Sports nutrition will be covered in this class.

Some of the elective courses might not be taught at each high school or they may only be offered one semester per year.

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Appendix

The mission of the Walled Lake Schools' Physical Education Program, in partnership with our community, is to provide a sequential educational program for students to acquire the knowledge, skills, fitness, and attitudes necessary to lead an active, healthy lifestyle.

Current research supports us in several ways, some of which are represented here. "People who are physically active have lower rates of heart disease, stroke, colon cancer, breast cancer, and osteoporosis as compared to those who are inactive." "Physical activity also provides psychological benefits such as decreasing symptoms of depression, anxiety, and malaise. Regular physical activity can also improve the general mood, self concept, confidence, and quality of sleep." (Michigan Fitness Foundation, 1996)

Did you know that?

- Lack of physical activity results in more deaths than alcohol, firearms, sexual behavior, motor vehicles, and illicit drug use combined.
- Of all the risk factors for chronic disease, lack of physical activity is the most prevalent in Michigan. 55% of Michigan adults have no regular exercise -- 3.6 million Michigan adults lead sedentary lifestyles.
- 39% of Michigan children have elevated cholesterol levels compared to a national average of 25%.
- Our school children, 38% of Michigan boys and 37% of Michigan girls, are overweight. (Michigan Fitness Foundation, 1996)

The Michigan Governor's Council on Physical Fitness recommends that all Michigan children be involved in cardiovascular and musculoskeletal fitness totaling thirty minutes daily, at a moderate intensity.

The Center for Disease Control has stated that communities should "Require health education and daily physical education in grades K-12." (CDC Guidelines for School and Community Programs, 1997) The following parameters are necessary for us to have success in our mission:

1. At the elementary level, students need three sessions of physical education per week at a minimum, each session lasting thirty minutes. As physical educators we are in agreement that five days per week for thirty minutes would be ideal in achieving our goals.
2. At the middle school, we agree that in order to have success, our students need daily physical education for at least one semester.
3. High school students need a minimum of one year of daily physical education.