

**1. Multi-cultural Aspect:**

- All students have an important role in class activities regardless of age, gender, and ability level. Each student will have the opportunity to perform all exercises in order to be successful in their physical education class.
- There are opportunities for students to learn activities and exercises that originated from other cultures.
- Workouts and activities in the gym and weight room can be adjusted to fit individual student needs.

**2. What do we want students to learn?**

- Students in physical education classes will develop in the following exercise categories: strength, power, speed, agility, core strength / stability, flexibility, and coordination / motor skills.
- Students in physical education classes will learn the following from participating in activities: rules / boundaries, teamwork, fair play, spacing / awareness, sport specific skills, score keeping, situational play, strategy and the enjoyment of games – sports – activities.
- We want students to give their best effort in all aspects of class and have a positive attitude.

Data is collected throughout the school year for grades 7<sup>th</sup>-12<sup>th</sup>.

- **Junior High (7<sup>th</sup> and 8<sup>th</sup> grade):** Students will be tested using the Presidential Fitness Test. These tests include: Mile Run, Shuttle Run, Sit and Reach, Pull-Ups, Sit-Ups, and Flex Arm Hang. Students are tested in the fall and in the spring. Fall tests help determine class / individual strengths and weaknesses. Fall testing also aids students in setting individual goals. Spring tests determine whether a student improved while also providing the opportunity to receive National and Presidential Fitness Awards.
  - Activities: Whiffle Ball, Capture The Flag, Soccer, Hockey, Volleyball, Ultimate Frisbee, Team Handball, and Basketball.
- **Freshman Physical Education Classes (A and B Schedule):** Before testing students will go through six to eight weeks of circuit lift training that stresses a high amount of repetitions, light weight, core development, and weight room tempo.
  - Students will be tested twice in three basic weight room exercises during the fall and spring semesters. These exercises include Trap Bar, Bench Press, and Front Squat. The overall goal for these students is that it is not what we do, but how we do it. Students will learn the proper technique before moving on to heavier weight.
  - During the spring semester students will again test twice with the goal of moving on to more advance exercises which include: Incline Bench, Hang Clean, and Back Squat.
  - Activities: Whiffle Ball, Capture The Flag, Soccer, Hockey, Volleyball, Ultimate Frisbee, Team Handball, and Basketball.
- **10<sup>th</sup>-12<sup>th</sup> Physical Education Class: Strength Training, Life Sports, and Life Sports / Resistance:** Students will be tested in the following exercises: Bench Press, Incline Bench, Hang Clean, Back Squat, Front Squat, and Trap Bar. Students will be tested throughout the semester. Students taking a spring semester class will also participate in pre-summer testing.
  - Activities: Whiffle Ball, Capture The Flag, Soccer, Hockey, Volleyball, Badminton, Ultimate Frisbee, Team Handball, Various Yard Games, and Basketball.

**3. How do we know students are learning?**

- Junior High (7<sup>th</sup> and 8<sup>th</sup>): Students Presidential Fitness Testing results will be entered into the software Fitness Reporter. Fall and spring results will be compared to determine growth for each class and individual student. This data is standardized and will determine students earning National and Presidential Fitness Awards.
- Activities: Students will participate in a variety of skill building and modified games before participating in traditional sports such as volleyball, basketball, soccer, and whiffle ball.
- High School (9<sup>th</sup>-12<sup>th</sup>): Students will be tested in certain exercises. This data will be entered into an individualized exercise program that is based off percentages of testing results. This allows students to exercise safely and according to their own ability level. The test results also ensures each student is challenged with the opportunity to improve.

**4. How do we respond when students are not learning?**

- All physical educational classes regardless of age have the overall goal of increasing levels of physical fitness and gaining an enjoyment for physical activity. Developing strong relationships with students provides the opportunity to motivate and keep students engaged. A variety of exercises, activities, and games also helps keep things fresh in physical education classes.
- Students may also need individual attention whether it is skill development or an exercise. Every exercise we do in class can be adjusted to fit any student's ability level. We also have a fantastic weight room that allows each student regardless of ability and strength level to improve muscle groups that we are focusing on each day.

**5. How do we extend or enrich the learning for students who exceed proficiency?**

- Students in physical education classes that exceed proficiency will have opportunities to perform more challenging exercises. Also certain classes as a group may need less skill development before playing full games of certain sports. One example of this is our weight training program which is based on percentages. Students can increase their "RM (Repetition Max)" if percentages currently being used do not challenge the student. Certain exercises such as Inverted Row can be substituted with Wide Grip Pull Ups for more advanced students.

**6. Other Information**

- Rack Performance will be implemented in all physical education classes 7<sup>th</sup>-12<sup>th</sup>. Rack Performance is a software program that projects the exercise routine onto the wall in the weight room. A timing system as well as a color coded rotation series is used to run our customized exercise routine. This program will increase efficiency and safety in the weight room. Current classes using this technology include Strength Training classes and Junior High classes.

<https://www.rackperformance.com/>