

Dolores Huerta Prep High – Physical Education Curriculum

Physical Education Goals

The physical education program will enable students to develop:

Their optimal level of physical fitness and wellness.

- Both the cognitive and affective skills related to physical activities.
- An appropriate level of emotional maturity.
- The skills of positive social interaction.
- Positive alternatives for the use of leisure time.
- A desire to participate in lifetime recreational activities.

9th grade Core Class: (These course should be completed by 9th grade)

Fitness and Wellness – 1st “Quarter

AAA Health/Character Building – 2nd Quarter

10th – 11th and 12th

(Course sequence recommends completion of Fitness and Wellness and health class first)

Selective Physical Education:

Includes units in these areas:

Lifetime Activities, Leisure education, recreation and games, fitness, developmental activities, Aquatics and sport and games.

Other electives:

Sports Psychology

Sports Physiology

Physical Education Leaders/Assistant

Athletic Training/First Aid

Adventure Education

Long-Term Athletic Development Sports Training

The base of the high school physical education program is the fitness and wellness course. It is suggested that students take it during their 9th grade year but it should be completed by the end of their 10th grade year. The Selective PE courses will include 10th and 11th grade students but it also open to other students the have completed fitness and

wellness. All other electives may be taken when the appropriate courses have been completed and appropriate grade levels have been reached.

FITNESS AND WELLNESS

Course Description:

Emphasis will be placed on Total Wellness, which will include analyzing individual needs in the areas of strength, endurance, cardiovascular fitness, flexibility, agility, and body composition. Nutrition, goal setting, dealing with stress, and consumer issues will also be covered. Students signing up for this course when it extends two quarters. A complete fitness portfolio must be completed.

SELECTIVE PE

Course Description:

(Recommendation: Fitness and Wellness)

Selective Program Choices

Activities –

Lifetime Activities - Golf, Tennis, Badminton, Ultimate Frisbee, Walking, Hiking, Bowling, Aerobics, Climbing wall, Yoga, Pilates and kick.

Team Sports – Basketball, Volleyball, Soccer, Flag football, Lacrosse, and Softball.

AEROBIC AND FITNESS EXERCISE FOR LIVING

Course Description:

Aerobics and Fitness for Living will provide students an opportunity to experience fundamental personal fitness exercises.

Students will: assess their personal fitness level, demonstrate competence in the following activities: high and low impact aerobic dance, aerobic kickboxing, step aerobics, personal aerobic walking programs, physical best fitness training, total body conditioning, floor work, and dynabands and heavy bands, develop an appreciation of aerobic fitness.

INTRODUCTION TO DANCE

Course Description: (After School Program)

This course is introduction to the basic technique, terminology, music, and history of the following dance forms: jazz, contemporary, ballet, modern, folk/ethnic, and social dance. Students will have the opportunity to participate in floor work, center work across the floor sequence, and specific dance steps. This course is designed for students in hope of fostering an appreciation of dance as both an art and sport.

WEIGHT TRAINING 1 – (Introduction)

Course Description:

(Recommendation: Fitness and Wellness)

Weight Training 1 will introduce students to proper training techniques and proper spotting methods. The course will be offered so the student can develop and appreciation of the components of physical fitness, muscle strength, endurance and flexibility.

WEIGHT TRAINING 2 – (Advanced)

Course Description:

(Recommendation – Weight Training 1 and Fitness and Wellness)

Weight Training 2 will enable students an opportunity to improve or maintain their level of flexibility, muscular endurance and strength by incorporating the programs and methods learned in Weight Training 1. The student will be responsible for charting their progress and understanding what level of strength and endurance is considered to be appropriate for a healthy lifestyle. Students will be expected to create their own program for their individual needs.

ADVENTURE EDUCATION

Course Description:

Adventure Education class will give the students on opportunity to study and experience activities that they can pursue for a lifetime. These activities will enhance fitness levels, improve recreational skills, and increase an awareness of nature. These units include: hiking, wall climbing, camping, backpacking, and outdoor survival skills.

ATHLETIC TRAINING/FIRST AID - (\$20 lab fee)

Course Description:

(Recommendation: Fitness and Wellness)

Athletic Training/First Aid will include instruction in basic Red Cross standers and First Aid and will allow the students to become certified in CPR, First Aid.

Athletic Training will include the following areas:

1. Causes
2. Prevention
3. Treatment and Rehabilitation of athletic injuries
4. Anatomy and structure of the body
5. Two group projects

6. Completion of portfolios
7. Field trips and guest speakers

PHYSICAL EDUCATION LEADER

Course Description:

(Recommendation: Fitness and Wellness)

Physical Education Leader instruction provides comprehensive instruction in all phases of physical education. The course will include a variety of teaching methods and take an intense look at physical education related careers. Physical Education Leaders will be given the opportunity to assist the professional staff with regular class instruction at the elementary level. Students will complete portfolio including completion of lesson plans.

SPORTS PSYCHOLOGY

Course Description:

The sport psychology course involves preparing the mind of an athlete just as thoroughly as one prepares the body. Students will learn the importance of mental preparation and psychological strength and how these coincide with physical preparation and strength. Students will complete a portfolio which will include: setting clear short-term goals, entertaining positive thoughts, using self-affirmations, imagery, negative thought stopping, team building, and student learning styles, etc.

Long-Term Athletic Development Sports Training

Course Description:

(Recommendation: Scholastic Athlete)

Stage 3 The Training to Compete Stage

This stage of development is introduced after the goals and objectives of the Training to Train stage have been achieved. The training to competition and competition specific training ratio will now change to 50:50 – 50 percent of training is devoted to the development of technical and tactical skills, and fitness improvement – 50 percent is devoted to competition-specific training. During this stage High school Varsity coaches are fully involved in training procedures. Sport-specific training is provided to athletes year round.

Cesar Chavez K-2 Physical Education Curriculum:

The 4-Stage Model – Long-term Athlete Development Curriculum

Stage 1 – FUNdamental Stage

The FUNdamental stage is well structured and Fun! The emphasis is on the overall development of the student's physical capacities, and fundamental movement skills, and the ABC'S. Speed, Power and endurance are developed using FUN games. Correct running, jumping and throwing techniques are taught, using the ABC'S of athletics.

1. A=gility
2. B=alance
3. C=oordination
4. S=peed

Strength training during this stage should include exercise using student's own body, weight, and medicine ball. Students will be introduced to the simple rules and ethics of sports. Sports will be introduced during their official season.

(Parents will be recommended to introduce their students to play in recreation sport program to enhance future excellence).

Stage 1 FUNdamental Stage (Grades 3 and 5)

Stage 1 continues throughout grades 3 – 5 grade. Student will be required at this stage to complete Fitness and Wellness Course.

FITNESS AND WELLNESS

Course Description:

Emphasis will be placed on Total Wellness, which will include analyzing individual needs in the areas of strength, endurance, cardiovascular fitness, flexibility, agility, and body composition. Nutrition, goal setting, dealing with stress, and consumer issues will also be covered. A complete fitness portfolio must be completed.

Stage 2 – The Training to Train Stage (6th – 8th Grade)

During this stage students learn how to train and they also learn the basic skills of a specific sport. This will include warm-up and cool down, stretching, hydration and nutrition, recovery and regeneration, and mental preparation. Varsity Coaches at this stage will have input on training practice they expect at the high school level of play. During competitions students play to WIN, and do their best, but the major focus of training is on learning the basics as opposed to competing.

Team Sports will include:

1. Basketball
2. Volleyball
3. Soccer
4. Flag Football
5. La Cross

Students will be encouraged to participate in after school recreation sports program.

FITNESS AND WELLNESS

Student will be required at this stage to complete Fitness and Wellness Course.

Emphasis will be placed on Total Wellness, which will include analyzing individual needs in the areas of strength, endurance, cardiovascular fitness, flexibility, agility, and body composition. Nutrition, goal setting, dealing with stress, family issue, drug and alcohol abuse, and consumer issues will also be covered. A complete fitness and wellness portfolio must be completed.

WEIGHT TRAINING – (Introduction)

Weight Training 1 will introduce students to proper training techniques and proper spotting methods. The course will be offered so the student can develop and appreciation of the components of physical fitness, muscle strength, endurance and flexibility.

AEROBIC AND FITNESS EXERCISE FOR LIVING

Course Description:

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