

Physical Education Program

The Physical Education Department within the Sachem Central School District, in accordance with the recommendations of the New York State Association for Health, Physical Education, Recreation, and Dance (NYSAHPERD), has designed a unique high school curriculum. The Sachem Physical Education Program is dedicated to promoting lifetime fitness and physical activity, and enhancing personal fitness, health and wellness for all students. To that end, the focus of this curriculum is to help all students become informed, independent decision-makers capable of planning for enjoyable lifetime fitness and physical activity and achieving personal fitness and sport activity goals. The objectives of the curriculum are to assist students to:

- Become physically active and physically fit
- Acquire knowledge of the benefits of physical activity, health and wellness, and the principles of fitness
- Become an individual capable of designing his or her own personal fitness program

The Physical Education program aligns the curriculum and instruction with the New York State Learning Standards and the NASPE Content Standards. The complex motor and sport activities are organized into eight categories (team passing sports, net/wall sports, striking/fielding sports, target sports, dance and aesthetics, outdoor activities, personal performance activities, personal fitness activities). Students will be assigned to classes by grade (9, 10 & 11, 12). We will combine our 10th and 11th grade curriculum to allow students the opportunity to master skills through our Student Choice Initiative. Our 12th grade curriculum will continue to be completely elective based.

Physical Education Courses

PHYSICAL EDUCATION		
GRADE 9	GRADES 10 & 11	GRADE 12
Fitness Testing Project Adventure Team Handball Weight/Cardio Training Archery Wrestling Room Games Track and Field Softball Fitness Testing - post	Fitness Testing Power Walking Soccer Tennis Volleyball Basketball Weight/Cardio Training Badminton Cricket Football Golf Fitness Testing - both	Grade 12 Electives Fitness Testing Project Adventure Sports Social Emotional Learning Crossfit Lifeguarding Fitness Testing - post
	Grade 11 Electives Social Emotional Learning Crossfit Water Sports Lifeguarding	
Sportsfolio	Sportsfolio	Sportsfolio

Physical Education (9)

Full Yr., Alternate

Days, 1/2 Cr.

Course Description: Throughout the course of the school year, students will be introduced to a variety of activities that include discovering the value and benefits of physical activity for reducing the risk of various diseases and physical conditions, while promoting health and wellness. These activities include various fitness activities, and individual team sports. Students will also learn different types of activities that are best for maximizing individual health and wellness benefits while planning a personal fitness program. Additionally, students will be provided with an opportunity to participate in a series of individual and group activities. These activities foster team building, group cohesion, cooperation, leadership, problem-solving and communication skills. More importantly, this curriculum will help the students when faced with making healthy lifestyle choices and individual commitments. Through the “challenge by choice” approach, students will be able to choose their level of risk, build their level of trust and increase their level of investment in the class.

Homework: To be completed as assigned.

Summer Assignment: None

Assessments: Fitness components of aerobic capacity (pacer); body composition (height and weight); muscle strength (push-ups); endurance (curl-ups); and flexibility (sit and reach). Ability to design his/her own personal fitness program. Demonstration of the skills, knowledge and behaviors associated with complex games or other performances through practical tests and written quizzes.

Physical Education 10/11:

Full Yr., Alternate

Days, 1/2 Cr.

Course Description: This course is designed to provide students with an opportunity to participate and master skills in the following activities throughout the school year: fitness testing, power walking, soccer, tennis, volleyball, basketball, weight/cardio training, badminton, cricket, and football.

Grade 11 Electives: Social Emotional Learning, Crossfit, Water Sports and Lifeguarding

Homework: To be completed as assigned.

Summer Assignment: None

Assessments: Fitness components of aerobic capacity (pacer); body composition (height and weight); muscle strength (push-ups); endurance (curl-ups); and flexibility (sit and reach). Demonstration of skills, knowledge, and behaviors associated with complex games or other performances through practical tests and written quizzes.

Electives

Project Adventure (12)

Full Year, Alternate

Days, 1/2 Cr.

Course Description: This course is designed to explore non-competitive games, trust building exercises, group initiatives and problem-solving activities. The students will develop the necessary skills needed to complete the low and high ropes course. These are the principal activities used to help individuals improve self-esteem, develop strategies to enhance decision-making, learn to respect differences within a group, and increase their agility and physical coordination.

Homework: To be completed as assigned.

Summer Assignment: None

Assessments: A quarterly journal is kept that includes goals, rubrics, reflections and a personal diary.

Elective 2: Team Passing, Net and Wall Activities(12)

Full Year, Alternate

Days, 1/2 Cr.

Course Description: This course is designed to explore team passing (football, lacrosse, basketball, and team handball) and net and wall activities (fitness assessment, badminton, volleyball and tennis).

Homework: To be completed as assigned.

Summer Assignment: None

Assessments: Fitness components of aerobic capacity (pacer); body composition (height and weight); muscle strength (push-ups); endurance (curl-ups); and flexibility (sit and reach). Demonstration of skills, knowledge, and behaviors associated with complex games or other performances through practical tests and written quizzes.

Lifeguarding and First Aid/AED/CPR for the Professional Rescuer American Red Cross Certification Courses and Lifetime Sports (11/12)

Full Year, Single

Period, Alternate Days, 1/2 Cr. Lifeguarding and First Aid/AED/CPR courses will meet everyday during semester one and the Lifetime Sports course will meet everyday during semester two. This course will satisfy the physical education requirement for their senior year.

Lifeguarding Pre-requisite: Teacher recommendation, which is based on the following swimming pre-test items:

1. Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - 100 yards of breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Lifeguard/First Aid Certifications: Upon successful completion of this course, a lifeguard/first-aid card will be issued for a period of three years. This will certify the holder in the lifeguarding profession for private pools and beaches in Suffolk County. In order to receive local certification as a Town (Town of Brookhaven, Town of Islip, Suffolk County, etc.) lifeguard, a Town Lifeguard test must be passed. The primary purpose of the American Red Cross Lifeguarding program is to provide entry-level lifeguards with skills and knowledge.

AED/CPR for the Professional Rescuer Certification: Upon completion of this course, the student will receive a one-year certification from the American Red Cross. Students will learn adult, child, infant, and two-person CPR. The use of different breathing devices and the proper use of an AED will be covered. There will be a fee for books and a pocket mask to be paid directly to the American Red Cross.

Sportsfolio (9, 10, 11, 12)

Two Semesters, Alternate Days,

1/4 Cr.

Prerequisite: A physician's note excusing a student from activity for three weeks or longer.

Course Description: Those students classified as non-participants because of a physician's verified medical exclusion will be assigned to a health and sport-related reading and writing course called "Sportsfolio". These students who are medically excluded from regular participation in physical education will receive a grade for their physical education requirement based on the daily "Sportsfolio" assignments.

Homework: To be completed as assigned.

Summer Assignment: None

Assessment: Students will demonstrate a mastery of content knowledge through daily written assignments.

Elective 5: Functional Fitness Training (11,12)

Full Year, Alternate

Days, 1/2 Cr.

Prerequisite: No prerequisite

Course Description: This course is designed to assist students in discovering the value and benefits of intense physical activity to enhance competency in all physical tasks. The goal of this course is to introduce students to CrossFit, commonly known as the “Sport of Fitness”. The CrossFit prescription is “constantly varied, high intensity, functional movement”. By creating a positive environment—commonly associated with teams or close groups—camaraderie, natural competition and fun will be present, resulting in a healthy intensity that cannot be matched by other means. Students will be given a forum where they can push their own limits and celebrate their successes as well as the successes of their classmates. This course will increase work capacity across broad time and modal domains.

Course Objectives:

- Students will optimize physical competence in each of the ten recognized fitness domains: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.
- Students will demonstrate competency in CrossFit’s “9 Foundational Movements”: squat, front squat, overhead squat, deadlift, sumo-deadlift high pull, shoulder press, push press, push jerk and medicine ball clean.
- Students will be able to identify and perform Olympic Lifts: clean & jerk and snatch.
- Students will track and recognize progression through the use of a daily log book/journal.

Homework: Students are expected to complete given assignments.

Summer Assignment: None

Assessment: Students will demonstrate a mastery of content knowledge and skills through physical assessments, daily logs and written assignments.

Elective 6: Social & Emotional Learning Mindfulness (11/12)

Full Year, Alternate

Days, 1/2 Cr.

Prerequisite: No prerequisite

***This elective is in the “Pilot” phase and will run according to enrollment.**

Course Description: This course is designed to meet the needs of our students' physical, emotional, and social well being. In this course the individual student will participate in activities that will help to focus the student's awareness to the present moment. Students will obtain the tools to help handle stress and anxiety in a healthy way. Activities help students be mindful and conscious of how their mind and body work together each day. Activities include Cooperative Learning Activities, Yoga and Meditation for Beginners, Body Toning and Barre, Spinning, Weight Lifting, Advanced Yoga and Meditation, Water Aerobics, and Fitness Walking.

Homework: As assigned

Summer Assignments: None

Assessment: Students will be assessed through observation and written journals.