

PHYSICAL EDUCATION COURSE DESCRIPTIONS

P113/P115 Freshman Level: Required units for freshman are a fitness based curriculum to introduce, apply and practice fitness based concepts. The required units are fitness, group dynamics and swimming. Other units include: cardiovascular fitness, nutrition, muscular strength, muscular endurance, flexibility, body composition, and various wellness concepts.

P213/215 Sophomore Level: Sophomore level is fitness based curriculum to introduce, apply and practice fitness based concepts. The required units are fitness, group dynamics and swimming. Other units include: cardiovascular fitness, nutrition, muscular strength, muscular endurance, flexibility, body composition, and various wellness concepts.

P222 Partners Programs for Intergrated P. E.

The Partners Program (also known as Peer Coaches) at Hoffman Estates High School is geared toward those students who have a desire to teach and learn from special needs students. Selected applicants will be scheduled into the Integrated Physical Education class. The class will operate on the block using an A/B format. This means that class will meet one week on Monday, Wednesday, and Friday. The following week class will meet on Tuesday and Thursday.

Integrated PE provides an opportunity for regular and special education students to interact in an educational and enjoyable environment. The program focuses on the physical and social development of both groups.

The class progresses through a regular rotation of PE units and is credited as the PE requirement for the year. Training and testing for Special Olympics and tournaments throughout the year are incorporated into the class.

The minimum responsibilities of the Partner are to attend class on a daily basis and participate with his/her partner within the various units. The opportunities for the Partner, however, go far beyond. Partners have the opportunity to explore possible careers in Special Education and/or Recreation. Above all, Partners have the opportunity to work with and enjoy the friendship of a wonderful group of students!

Even a student who is not interested in a career in Special Education can gain much through this program. Understanding, the ability to accept others for who they are and learning to appreciate the diversity of our society are some of the benefits that the Partners have experienced over the years.

P223/P225- Must have a recommendation for this course.

is a class that will help improve an individuals muscular strength and muscular endurance. This course is designed to use weightlifting to develop a positive mental and physical self. The focus of this will be on building muscle, safety and proper technique. If a student has a current lifting program, they will be able to use it in class, as long as I feel its appropriate for the class. If a student does not have a lifting program I will supply them with one. If you are not an athlete and are looking to get involved in weight lifting, this is the perfect class for you.

P314- JR/SR Co-ed Traditional PE- This course contains the same curriculum as freshman and sophomore PE teaching the same concepts at a more advanced level. It is a Fitness based curriculum to introduce, apply and practice fitness based concepts. The required units are fitness, group dynamics and swimming. Other units include: cardiovascular fitness, nutrition, muscular strength, muscular endurance, flexibility, body composition, and various wellness concepts.

P324- Aquatic fitness: Aquatic fitness is an elective course which is offered to sophomores, juniors and seniors. The course involves improving swimming techniques along with engaging in other endurance activities. Swimming, running, cycling, and circuit training will help students improve their cardiovascular fitness as well as prepare them for participating in a triathlon. Students will be lifeguard certified upon completion of this course. **MUST BE ABLE TO SWIM TO BE IN THIS CLASS!!!!**

P327 – Yoga- This class is designed to focus on students becoming the best version of themselves. Students will learn strategies that will leave them better equipped to handle the stress and anxiety of daily life. Class time will be used to motivate students toward physical wellness, personal growth and better nutrition which will hopefully translate to a healthier and happier life. Breathing, flexibility, focus and strength will be consistently taught throughout daily yoga practices. Students will learn basic and intermediate yoga poses that will build arm, leg and core strength, a variety of breathing exercises, journal, complete group projects and discuss how to make positive changes in their life and the world.

P334 – Strength and Conditioning – is a class that will help improve an individuals muscular strength and muscular endurance. This course is designed to use weightlifting to develop a positive mental and physical self. The focus of this will be on building muscle, safety and proper technique. If a student has a current lifting program, they will be able to use it in class, as long as I feel its appropriate for the class. If a student does not have a lifting program I will supply them with one. If you are not an athlete and are looking to get involved in weight lifting, this is the perfect class for you.

P345- Stay fit for Life- This elective class is offered to junior/senior boys and girls. This class is based on staying fit beyond HEHS. Workout concepts, nutrition concepts and workout design are the bulk of the class. Learning nutrition is an important part of this class. The course provides several activities for students to realize what they should be eating to be healthy. Students will be exposed to various workouts using heart rate monitors. The heart rate monitors communicate the workout heart rate as well as calories burned during activity. Workout concepts allow students to choose how they want to stay active. A big focus of the class includes workout design. All students will be able to design several workouts and perform those workouts using their heart rate monitors. The teacher works out with the class and leads the class in all workouts. This is a fun class once you try it. You will see results and improvement in your overall wellness. This class will benefit athletes a great deal!!

P354 – Advanced Basketball – is a class that will help improve the students skill development for basketball as well as their physical fitness level. Not only will the student improve their skill set by playing basketball everyday, they will also learn the strategies that go along with the sport (different defense and offenses). If you love the game of basketball, this is the class to take. It is basketball 24/7!

P427- Advanced Yoga It is just as it states. Only athletes can take this class or a personal recommendation from Allison Helfrich. It provides more intense muscle endurance and muscular strength enhancing movement. Similar to P327 in terms of concepts; breathing, flexibility, focus and strength this class will prepare athletes mentally and physically for competition. Recommended for Cross country runners, gymnasts, cheerleaders and wrestlers. **Must have a recommendation for this class.**

P361- Adventure Education- Adventure education is experiential education. It involves the student physically, mentally, and emotionally. Juniors and seniors taking adventure education participate in team building, problem solving, and climbing activities. The first half of this class focuses on teamwork and building trust among students. The second half of this class is spent learning the skills knot tying, belaying, rock climbing, and rappelling.

P362- Advanced Adventure Education- Advanced Adventure Education is for seniors who took adventure education the previous year. No student should be enrolled in advanced adventure education if they have not taken adventure education as a junior for the full year. This course progresses at a faster pace and focuses more on the skills of rock climbing, and other outdoor adventure concepts. **Must have a recommendation for this class.**

P414- Advanced Soccer-

This class offers students an opportunity to improve skill development for soccer as well as their physical fitness level. Not only will the student improve their skill set playing soccer every other day, they will also learn the strategies that go along with the sport. Improvement in cardiovascular endurance as well as agility encompasses this course.

P433- JR/SR FOOTBALL WEIGHTS- MUST BE IN FOOTBALL OR BASKETBALL TO ENROLL IN THIS COURSE. **must have a recommendation for this class.**

P444 – Specialty Weight Training - is a class that will help improve an individuals muscular strength and muscular endurance. This course is designed to use weightlifting to develop a positive mental and physical self. The focus of this will be on building muscle, safety and proper technique. This class was designed so student athletes can weight train with other students athletes. They will using programs that their varsity coach (specific sport) built for their program. Along with the weight training program students will also be participating in speed and agility drills to enhance quickness and athletic ability. All athletes should take this course.

Physical Education



Our purpose in Physical Education is to promote lifelong learning in both the cognitive and physical domains. By motivation and encouragement, students will be introduced to a life of self-improvement and wellness. We strive to build positive self-esteem by teaching communication, cooperation and decision-making skills. These valuable life lessons will prepare students physically and mentally. Our philosophy is to encourage students to be active and fit in the moment and more importantly, to teach concepts, strategies and skills that allow students to be active for a lifetime.

Freshman Level: Required units for freshmen are fitness, group dynamics, and swimming. Other units of instruction may include: nutrition, basketball, badminton, volleyball, gymnastics, dance, weight training, wrestling, soccer, pickle ball, flag football, track and field, and softball.

Sophomore Level: Sophomore level is a fitness based curriculum to introduce, apply and practice fitness based concepts. The required units are fitness, group dynamics, and swimming. Other units may include: cardiovascular fitness, nutrition, muscular strength, muscular endurance, flexibility, body composition, and various wellness concepts.

Junior/Senior Level: This level continues focus on fitness concepts with an emphasis on overall wellness. Students will develop, apply and practice concepts to improve fitness levels. Students have a choice of the following year long courses that will enhance individual wellness: Strength and Conditioning, Adventure Education, Yoga, Stay Fit for Life, Dance, Advanced Basketball, Advanced Soccer, and Aquatics.

Physical Education Course Codes

P111 Integrated P.E.	P415 Advanced Soccer Female
P112 Adapted P.E. Year Long	P355 Dance 1
P113 P.E. 1 Male	P356 Dance 2
P114 P.E. 1 Coed	P456 Dance 3
P115 P.E. 1 Female	P218 Soph Leaders
P213 P.E. 2 Male	P318 Leadership (Training)
P214 P.E. 2 Coed	P418 Leadership (Practicum)
P215 P.E. 2 Female	P251 Life Guard Training
P223 Weight Training Male	P351 Life Guard Training
P224 Weight Training Coed	P323 Advanced Aquatic Training Male
P225 Weight Training Female	P324 Advanced Aquatic Training Coed
P413 Advanced Soccer Male	P325 Advanced Aquatic Training Female
P414 Advanced Soccer Coed	P333 Strength & Conditioning Male

P334 Strength & Conditioning Coed	P361 Adventure Education
P335 Strength & Conditioning Female	P362 Advanced Adventure Education
P345 Stay Fit For Life	P349 American Adventure
P348 Intro to Cardio Fitness	P313 Jr./Sr. Traditional Boys
P433 Advanced Strength & Conditioning Male	P314 Jr./Sr. Traditional Coed
P434 Advanced Strength & Conditioning Coed	P315 Jr./Sr. Traditional Girls
P435 Advanced Strength & Conditioning Female	P327 Yoga Coed
P443 Specialty Weights 1	P427 Advanced Yoga Coed
P444 Specialty Weights 2 (Coed)	P423 Jr./Sr. Extreme Fitness Male
P445 Specialty Weights 3	P373 Raquet & Net Games
P354 Advanced Basketball	P374 Raquet & Net Games
	P375 Racquet & Net Games

