

Hunterdon Preparatory School Physical Education Curriculum

An individual who receives “physical education” obtains the knowledge of the importance of a lifelong commitment to maintaining a healthy lifestyle through physical activity and proper nutrition. Students learn that the concept of physical education is both an individual as well as a communal activity, and each participant’s personal growth is intertwined with that of the group. Physical education classes focus both on the individual’s development and the development of the interrelationships found on teams. Each student learns that they have a personal responsibility to themselves as well as a responsibility to the group or team. Students are taught the essential concepts of trust, respect, cooperation, teamwork, and fun, and they are given the opportunity to experience success at their own ability level to help build their self-confidence. The interactions experienced in physical education classes serve to prepare the student for coping with the intricacies of their current living situations and for their future lifestyles.

Many of our students struggle with regular education physical education classes. Whether it is the requirement to change into a gym uniform or to participate with other students who make them feel invisible or clumsy or ugly, our students have difficulty passing PE. Our physical education classes are designed around what our students like to do and what they see themselves as being successful at. Our non-traditional Outdoor Education class allows students to gain a higher level of fitness while enjoying challenging hikes, kayaking and rock climbing. Bowling class has been a favored elective for many years. Students who take bowling are willing to cope with a shortened lunch period in order to don their bowling shoes for ten frames every Tuesday and Thursday. Yoga is the perfect fit for students who do not like the more active elective offerings, yet it is tailor-made for students learning to manage stress and anxiety through relaxation techniques. Athletic students have team sports to participate in and students who like variety meet that need by taking Recess Games. The only problem students have with our physical education electives is that they can only take one at a time.

Physical Education/Health electives meet twice a week for 80 minutes. Health classes take place during the 2nd and 3rd marking periods. At the Hunterdon Preparatory School, students are allowed to select their physical education electives, and the following course descriptions offer the specific content, goals, and focus of each class.

BASKETBALL

The Basketball physical education elective is designed to teach students the importance of individual physical fitness combined with the essential elements of a team sport: team building, problem solving, and cooperation. Students learn the importance of maintaining a healthy lifestyle in order to participate at a high level of activity on the basketball court. Focus is placed on the importance of warm-up activities, and on recognizing and demonstrating safety precautions and rules while playing the game of basketball. A major component of the elective is also focused on sportsmanship where students demonstrate self-respect and the respect of teammates as well as opponents. Students participate in drills to improve their individual skills and their team skills, while simultaneously participating in aerobic and cardiovascular activity. Drills to create better dribbling skills, improve shooting accuracy, and improve the timing of passes, will all be included and will increase in speed over the course of the marking period. Time is also dedicated to teaching team strategies and specific plays for offensive and defensive situations in game settings.

COURSE OBJECTIVES

- Student will participate in self-initiated behaviors that promote personal and group success, which include safety practices, adherence to rules, etiquette, and cooperation.
- Student will develop competence and confidence in gross and fine motor skills, which provides a foundation for participation in physical activities.
- Student will become aware that movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback and effort.
- Student will learn that there is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games.
- Student will understand how each component of fitness contributes to personal health as well as motor skill performance.
- Student will learn how appropriate types and amounts of physical activity enhance personal health.
- Student will become aware and apply a variety of effective fitness principles over time to enhance personal fitness level, performance, and health status.
- Student will understand that teamwork consists of effective communication and other interactions between team members

BOWLING

Bowling is a fun and challenging physical activity which is enjoyed by many people throughout the world. It involves both physical and mental challenges for an individual, while encompassing a high level of social interaction. In the Bowling physical education elective, students are taught the technical aspect of proper bowling as well as the interpersonal considerations surrounding the social event.. Bowling class teaches the basics of the sport of bowling, focusing on the technique, but likewise emphasizing the rules and social etiquette that recreational bowlers and professionals observe. Students learn the importance of selecting the proper size ball according to its weight, the proper grips and releases of the ball, and how their physical approach to the lane directly affects the direction of the ball. Each individual learns how having effective fitness principles over time leads to an enhanced personal fitness level and a high level of performance. Students are expected to encourage and support one another and demonstrate a willingness to become a better bowler and to improve their scores. Students are also given a behind the scenes look at the mechanisms that make the sport of bowling possible.

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FISHING

The Fishing course is designed to instruct students on the sport of freshwater fishing. This includes an introduction to the sport, discussions on various bait fishing and lure fishing, and numerous strategies for different casting techniques. Students learn the various species of freshwater species, the different places to fish, and the correct way to handle a fish and release them properly back to their habitat in order to catch them again. Useful angling tips and methods that are explored include fishing safety, how to cast and to choose bait, and how weather, location, and water clarity all have an impact on one's fishing. Fishing class is designed to help students learn how to fish independently. Students learn the proper protocols of fishing which include being prepared with a pole and bait, fishing tackle equipment, and wearing proper weather related clothing. Throughout the class, students learn to respect the environment, their peers, and the wildlife while engaging in a lifelong activity.

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- Student will learn that there is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games.

OUTDOOR EDUCATION

The natural environment has become such an important issue recently that it is critical that future generations be educated about its importance, its history, its preservation, and how to enjoy it responsibly. The Outdoor Education Physical education elective is designed to teach all of these issues out in the field. It explores lakes, rivers, gorges, forests, swamps, and other geographic areas. While in the field, students are taught about the natural and human histories of the areas, the types of flora and fauna that call it home, and they are introduced to different kinds of leisure activities that can be enjoyed in the outdoors. These activities can range from simple hikes to rigorous rock climbing trips. Outdoor Education is the ultimate “hands on” class as it teaches a variety of techniques for managing all types of terrain, and it teaches the importance of being a team member. Students learn the importance of maintaining a high level physical activity on a regular basis in order to develop their endurance for hiking activities. In addition, students learn to be prepared for all types of weather and terrain conditions, they learn the use of trail maps and trail signs, and the importance of proper hydration and having emergency supplies. Students are introduced to the practices of environmental stewardship and how much humans have impacted the natural environment.

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- Student will become aware that movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback and effort.
- Student will learn that there is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games.
- Student will understand how each component of fitness contributes to personal health as well as motor skill performance.
- Student will learn how appropriate types and amounts of physical activity enhance personal health.
- Student will become aware and apply a variety of effective fitness principles over time to enhance personal fitness level, performance, and health status.
- Student will understand that teamwork consists of effective communication and other interactions between team members.

POWER WALKING

The Power Walking physical education elective is designed to help increase the fitness level of students through a high-intensity, low impact workout. As not all students are interested in participating in competitive team sports, the Power Walking allows individuals to participate in an activity that greatly benefits their health and is readily transformable to everyday life. The benefits of Power Walking include weight control, reduced stress, and increased energy; all of which lend themselves to a more relaxed, deep sleep. Physical activity lowers the risk of cardiovascular diseases by increasing the production of good cholesterol, which helps the blood to flow optimally. Power walking does not require equipment and can easily fit into any person's schedule, lending itself to be a lifelong physical activity. Conditioning emphasis is placed on stamina, strength, flexibility, body composition, and muscle endurance. Walking techniques and fitness strategies are also highlighted.

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- Student will become aware that movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback and effort.
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- Student will learn how appropriate types and amounts of physical activity enhance personal health.
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RECESS GAMES

The Recess Games physical education elective is designed to teach students the importance of individual physical fitness combined with the essential elements of a team sport: team building, problem solving, and cooperation. Focus is placed on the importance of warm-up activities, and on recognizing and demonstrating safety precautions and rules while playing various individual and team related sports. Bocce, Capture the Flag, Kickball, Ultimate Frisbee, Volleyball, Four Square, Wiffleball, Hackey Sack, and Monarchs and Anarchists, are all examples of the types of games which comprise the elective. A major component of the elective is also focused on sportsmanship where students demonstrate self-respect and the respect of teammates as well as opponents. Students participate in the various games to improve their individual skills and their team skills, while simultaneously participating in aerobic and cardiovascular activity.

COURSE OBJECTIVES

- Students will become familiar with bona fide game rules for each different activity and follow them accordingly.
- Students will increase their cardio-respiratory endurance at their individual fitness levels.
- Students will increase their degree of flexibility.
- Students will practice locomotor movement skills.
- Students will establish personal fitness goals.
- Students will improve their skill related fitness of agility and balance.

SOCCKER

The Soccer physical education elective is designed to teach students the importance of individual physical fitness combined with the essential elements of a team sport: team building, problem solving, and cooperation. Students learn the importance of maintaining a healthy lifestyle in order to participate at a high level of activity on the soccer field. Focus is placed on the importance of warm-up activities, and on recognizing and demonstrating safety precautions and rules while playing the game of soccer. A major component of the elective is also focused on sportsmanship where students demonstrate self-respect and the respect of teammates as well as opponents. Students participate in drills to improve their individual skills and their team skills, while simultaneously participating in aerobic and cardiovascular activity. Time is also dedicated to teaching team strategies and specific plays for offensive and defensive situations in game settings.

COURSE OBJECTIVES

- Student will participate in self-initiated behaviors that promote personal and group success, which include safety practices, adherence to rules, etiquette, cooperation
- Student will develop competence and confidence in gross and fine motor skills, which provides a foundation for participation in physical activities.
- Student will become aware that movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback and effort.
- Student will learn that there is a relationship between applying effective tactical strategies and achieving individual and team goals when competing in games.
- Student will understand how each component of fitness contributes to personal health as well as motor skill performance.
- Student will learn how appropriate types and amounts of physical activity enhance personal health.
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SOFTBALL

The Softball physical education elective is designed to teach students the importance of individual physical fitness combined with the essential elements of a team sport: team building, problem solving, and cooperation. Students learn the importance of maintaining a healthy lifestyle in order to participate at a high level of activity on the softball field. Focus is placed on the importance of warm-up activities, and on recognizing and demonstrating safety precautions and rules while playing the game of softball. A major component of the elective is also focused on sportsmanship where students demonstrate self-respect and the respect of teammates as well as opponents. Students participate in drills to improve their individual skills and their team skills, while simultaneously participating in aerobic and cardiovascular activity. Drills for improving individual fielding and fielding choices, improving batting timing, and improving team communication, will all be included and will increase in speed over the course of the marking period. Time is also dedicated to teaching team strategies and specific plays for offensive and defensive situations in game settings.

COURSE OBJECTIVES

- Students will develop both muscular and cardiovascular endurance through participation in a regulation game of softball.
- Students will interpret basic rules related to a regulation softball game.
- Students will demonstrate and apply offensive strategies and defensive position play.
- Students will understand various base running techniques while on base during a regulation game.
- Students will practice fielding fly balls properly and apply a smooth transition from fielding to throwing.
- Students will develop throwing and catching skills.
- Students will develop batting skills with proper stance and swing.

WEIGHTS

In a time where childhood obesity and health issues are a growing concern, regularly scheduled and structured physical activity for school-aged children has become a very important issue. Individuals who participate in consistent exercise report feelings of increased energy, and raised self-esteem and self-confidence.

“Weights Class” is a class design to meet the individual needs of each student while they learn how exercise positively affects their overall personal health and well-being. Whether their goal is body building, building strength, losing weight, improving endurance, or maintaining muscle tone, the student will be responsible to develop their own workout schedule that will help them achieve their personal goals. Students are taught how each machine or weight training exercise works, and how each exercise corresponds to a specific muscle or to groups of muscles. They likewise learn how much weight training is directly impacted by diet, nutrition, and rest. Developing personal responsibility is also an important objective of “Weights Class”. Not only will students be responsible to develop their own workout schedule, they will also be expected to abide by the rules of the YMCA, come to class prepared, and use the facilities during the entire time they are at the YMCA.

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YOGA

The practice of Yoga can be beneficial both physically and emotionally. Yoga focuses on teaching one how to relax and gain insight into their own wellbeing. Students in yoga class are introduced to the fundamentals of Yoga and develop their own personal goals for improvement. They are taught poses through visual cards, videos and modeling. Students review the principles of yoga that include breathing techniques, balancing, flexibility and meditation. The goal for the class is to acquire the necessary strategies in order to generalize the philosophy of yoga to other areas of their lives and maintain the practice as a life skill.

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