

The PE/Health K-12 instructional program guarantees :

1. A consistently safe, positive, fun, & affirming environment for learning.
2. The active engagement of all learners, regardless of physical skill, in challenging & personally meaningful health & fitness activities.
3. A commitment to building a sound framework for learning that promotes the acquisition of knowledge, skills, behaviors, & attitudes that promote cooperation, team work, respect for others, & a life-long appreciation for maintaining health & physical fitness.

SC Academic Standards for Physical Education

- Standard 1: Demonstrates competency in a variety of motor skills & movement patterns.
- Standard 2: Demonstrates knowledge of concepts, principles, strategies & tactics related to movement & performance.
- Standard 3: Achieve & maintain a health-enhancing level of physical activity & fitness.
- Standard 4: Exhibits responsible personal & social behavior that respects self & others in physical activity settings.
- Standard 5: Demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression and/or social interaction.

SC Academic Standards for Health & Safety Education

- Standard 1: Comprehend concepts related to health promotion & disease prevention to enhance health.
- Standard 2: Analyze the influence of family, peers, culture, media, technology & other factors on health behaviors.
- Standard 3: Demonstrate the ability to access valid information, products, & services to enhance health.
- Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health & avoid or reduce health risks.
- Standard 5: Demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Demonstrate the ability to practice health-enhancing behaviors & avoid or reduce health risks.
- Standard 8: Demonstrate the ability to advocate for personal, family, & community health.

Students & families are encouraged to participate in regular physical activity in their neighborhood, home, local park, and/or community fitness center (YMCA).

Benefits of Physical Fitness

Physical

- Stronger heart
- Stronger lungs
- Lower cholesterol
- Muscular strength
- Good ratio muscle/fat
- Increased metabolic rate
- More alert
- Control weight

Mental

- Reduce depression
- Reduce anxiety
- Reduce stress
- Better sleep
- Outlet
- Release endorphins
- Better overall health
- Higher energy level

Social

- Increase self esteem
- Positive body changes
- Socialize with others
- Communication skills
- Improved appearance
- More calories burned

Grades
+Respect
+Attendance
Diploma



Mission Statement

The mission of Indian Land High School is to set high expectations through a comprehensive educational program that recognizes individual student needs, challenges them & prepares all students to become productive, responsible citizens of a diverse community.

PUTTING OUR CHILDREN FIRST



Physical Education & Health Education Instructional Program

Indian Land High School

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EDUCATIONAL PHILOSOPHY OF TEACHING & LEARNING

A HIGH QUALITY PHYSICAL/HEALTH EDUCATION PROGRAM THAT SUPPORTS THE DISTRICT VISION, MISSION, & BELIEFS REQUIRES THE PROGRAM OF INSTRUCTION TO SUPPORT THE BUILDING OF FOUNDATIONAL SKILLS FOR LIFE-LONG PHYSICAL WELLBEING, HONOR STUDENT DIVERSITY, ENCOURAGE COMMUNITY BUILDING & ACTIVE PARTICIPATION, & TO PROVIDE OPPORTUNITIES TO INCREASE THE VALUE PLACED ON PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, SELF EXPRESSION, & SELF-CONFIDENCE.



CURRICULUM CONTENT

The LCSD PE/Health curriculum is composed of well-designed lessons that are aligned to the *South Carolina Academic Standards for Physical & Health Education*. The program of instruction is designed to build skills K-12 & ensure that motor skills, physical activity, & fitness assessments are age & developmentally appropriate & that the required comprehensive health components are incorporated as required by the *South Carolina Comprehensive Health Education Act*. Appropriate monitoring & reinforcement with opportunity for students to conduct self-assessment & practice self-monitoring of physical activity is part of the regular student assessment of progress. Out of school assignments support the goals of the physical education & health programs & encourage the development of life-long healthy fitness habits. All classes are taught by qualified physical education teachers & reasonable class size is maintained to optimize instruction.



FITNESS COMPONENTS

Health Related:

Cardio- Respiratory Endurance
Muscular Strength
Muscular Endurance
Flexibility
Aerobic Activity
(low to mod. Impact-long duration)
Anaerobic Activity
(high impact-short duration)

Skill Related:

Balance
Coordination
Agility
Body Composition
Reaction time
Power
Speed

HEALTH COMPONENTS

The *South Carolina Comprehensive Health Education Act* requires age-appropriate, sequential instruction in health be part of the school curriculum. *The Comprehensive Health Education Act* specifies that students take at least one comprehensive health course in high school providing a minimum of 750 minutes of health instruction related to reproductive health & pregnancy prevention.

Health Content Areas Addressed:

Alcohol, Tobacco, & Other Drugs
Growth, Development, & Sexual Health/Responsibility
Injury Prevention & Safety
Mental, Emotional, & Social Health
Personal & Community Health
Physical Activity & Nutrition
Comprehensive Health



Program of Instruction

All physical education courses are co-educational. One credit of PE is required for students to be awarded a high school diploma.

PE 1— EXPLORATION: variety of traditional, modern, & lifetime sport activities

Students are exposed to a variety of fitness, sports related, & leisure-time activities with a major emphasis placed on physical & lifetime fitness, basic sports skills, & game knowledge. The goal is for students to demonstrate movement skills in a variety of sport activities. Health, math, literacy, & lifetime fitness components will be included.

PE 2—COOPERATION & APPRECIATION: variety of teamwork & life time sport activities

PE 3—SPORTS INTEGRATION: variety of weight training & conditioning activities

Sports & Activities Offered

Golf, Tennis, Lacrosse, Soccer, Ultimate Frisbee, Frisbee Disc Golf, Volleyball, Bocce Ball, Basketball, Horse Shoes, Corn Hole, Football, Bowling, Ping Pong, Hockey, Badminton, Handball, Pickle Ball, Cooperative Games (ex. Dodge Ball, Kick Ball, Mission Impossible), & Softball.

Expectations/Rules

Attend Class	Be Respectful	No Hall Passes
Be Prompt	Cooperate	Be Prepared
Practice Safety	Use Own Locker	No Valuables
Dress Out	Participate	No Phones
		No Headphones

Students are responsible for any lost/stolen/damaged items

Daily Classroom Procedures

1. Assigned seat/Roll Call
2. Dress-Out (5 minute time limit)
3. Assigned seat/Lesson Introduction
4. Jog & Warm-ups
6. Journal Entry/notes
7. Teacher/student demonstration
8. Individual Practice (skills)
9. Partner/Cooperative group practice (skills)
10. Team Modified game play
11. Cool-Downs
12. Closure/Review
13. Dress Out

Grading Procedures

Dress Out & Participation (50%)
Skills & Fitness Tests (25%)
Written Assignments, Homework & Written Tests (25%)
(Family Fitness/Nutrition Plan & Journal)
Final Exam (20% of overall grade)

Consequences will be applied to final grade for not dressing out or for lack of quality participation.