

ELK GROVE HIGH SCHOOL

PHYSICAL EDUCATION and HEALTH EDUCATION PROGRAMS



Elk Grove High School Physical Education and Health Education programs offer students the opportunity to demonstrate the understanding of skills and habits of exercise that lead to an active lifestyle. Students will participate in a wide variety of physical activities that will enable them to reach personal fitness goals. Research has consistently shown that participation in moderate to vigorous physical activity literally increases blood volume to the brain helping to improve long-term memory, reasoning, attention, and problem solving. Our goal is to provide the students with the necessary tools for a lifetime of wellness.

All physical education students are required to wear the assigned P.E. T-shirt that was purchased as part of their registration fees. Students will provide their own athletic shorts/pants and shoes as part of the daily dress code for class. All students are assigned lockers in the designated locker rooms. Locks are provided as part of their registration fees for freshmen and new students. Students are allowed to wear their personal bathing suits for the swim unit. Each class will participate in one unit of swimming each school year as part of their Physical Education class at Elk Grove High School. Grades are determined from specific learning objectives for each class. Daily participation in fitness and game activities, fitness improvement, and written assessments are components used to determine each student's grade.

FRESHMAN PHYSICAL EDUCATION

This course introduces concepts for personal development in health-related fitness and physical skills; these include cardiovascular exercise, body composition, strength, endurance, and flexibility, which will be the basis for the four-year physical education program. Students will develop physical and health-related fitness skills through participation in individual and team activities.

Teacher contact information: brian.lee@d214.org, sharyn.marsh@d214.org, rob.pomazak@d214.org, keith.kura@d214.org, brian.doll@d214.org

SOPHOMORE/JUNIOR/SENIOR PHYSICAL EDUCATION

This course focuses on personal health with emphasis on health-related fitness; students will work on exercise, cardiovascular, body composition, strength, endurance, and flexibility. The variety of fitness and game activities will promote the development of lifetime fitness skills.

Teacher contact information: terry.beyna@d214.org, anthony.furman@d214.org, donna.kloster-preuss@d214.org, brian.lee@d214.org, rob.pomazak@d214.org, stacy.strama@d214.org, tom.whalen@d214.org, keith.kura@d214.org

PHYSICAL EDUCATION ELECTIVES

ADVANCED PHYSICAL EDUCATION

This is an advanced physical education class for students interested in achieving their highest level of health-related fitness. The class activities are designed for the student athlete including weight training, plyometric exercises, speed and agility training, cardio exercises and competitive games.

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JUNIOR LEADERS / SENIOR LEADERS

This course provides leadership opportunities in the physical education class setting. Students will actively participate in and learn how to lead small and large group activities as well as improve their communication, organization and problem solving skills.

Teacher contact information: donna.kloster-preuss@d214.org

DANCE I, II, III, ORCHESIS

The Dance program offers experiences for students in the variety of dance techniques. Skills in a variety of dance styles are explored. Students are exposed to choreography and performance applications. Successful completion of each of these courses meets the fine arts graduation requirement. Placement in the Orchesis course is thru an audition process in the spring of each school year.

Teacher contact information: lisette.rodriguez@d214.org, donna.kloster-preuss@d214.org

HEALTH EDUCATION

This program offers a broad range of topics including mental health and wellness, nutrition, death and dying, alcohol, tobacco and drug education, sexuality, and consumer education. These units will acquaint the students with the major concepts of personal and public health. Students will also become CPR certified through the Elk Grove Village Fire Department.

Teacher contact information: stacy.strama@d214.org, dan.klaus@d214.org, alexis.surprise@d214.org

