



## LISLE SENIOR HIGH SCHOOL

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### Junior - Senior Fitness

#### Department Contact Information

Teacher	Email	Phone Number
Mr. Jim Steben, Dept. Head	<a href="mailto:jsteben@lisle202.org">jsteben@lisle202.org</a>	493-8360
Mrs. Debbie Kehoe	<a href="mailto:dkehoe@lisle202.org">dkehoe@lisle202.org</a>	493-8362
Mrs. Mia Perretta	<a href="mailto:mperretta@lisle202.org">mperretta@lisle202.org</a>	493-8364
Mr. Dan Sanko (Health Rm. 116)	<a href="mailto:dsanko@lisle202.org">dsanko@lisle202.org</a>	493-8361
Ms. Kelly McKay (Dr. Ed. Rm. 123)	<a href="mailto:kmckay@lisle202.org">kmckay@lisle202.org</a>	493-8261

#### DEPARTMENT MISSION

The physical education department of Lisle High School is to provide students with the skills, knowledge, and experiences that will encourage daily participation in the lifelong, health-enhancing physical activity. Each student will have a variety of challenges that will contribute to the development and maintenance of their physical, affective, and cognitive wellbeing.

#### COURSE DESCRIPTION

Physical fitness is the foundational goal of the Physical Education Department. We offer a wide variety of fitness activities which might be done individually or in a group settings to help broaden the student's horizons. Included in the fitness activities of this course are: circuit training, kettlebell training, yoga, strength training, group exercise, cardiovascular units, lower body and abdominal toning, Zumba, and line dance. Circuit and kettlebell training will be done with high intensity, which forces one to work as hard as they can in a short amount of time, followed by a rest period. Yoga, the lower body, and abdominal training focus on individual development and awareness. Group exercise, Zumba, and line dance focus on coordination and step development as well as some cardiovascular effort. There will be Fitness Tests recorded twice in each semester to view the individual effort and progress of each student during the school year. (1 credit)

#### COURSE LEARNING STANDARDS

Students demonstrate and deepen their understanding of basic knowledge and skills. The ability to use these skills will greatly influence their success. Students learn the foundational principles of fitness and apply them on a daily basis. Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

Regular physical activity is necessary to sustain fitness and health. Students need to apply training principles – frequency, intensity, time and type of activity (F.I.T.T.) – to achieve their personal fitness goals. Fitness expectations need to be established on an individual basis; realistic goals need to be based on the health-related components of endurance, strength, flexibility, cardio-respiratory fitness and body composition. By learning and applying these concepts, students can develop lifelong understanding and good habits for overall health and fitness. Promote and enhance health and well-being through the use of effective communication and decision-making skills.





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### **COURSE GRADING POLICY**

#### Course Grade

Grades will be determined by the total amount of points earned during the quarter.

#### Semester Grade

Quarter Grade = 40%

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Exam Grade = 20%

Grading Scale: 100-93 = A  
92-85 = B  
84-75 = C  
74-67 = D  
66-0 = F

### **LATE WORK POLICY**

One week to complete any work that was missed during their absence.

### **COMMUNICATION WITH COURSE TEACHER(S)**

It is imperative that each student talks with their teacher if there are any questions. Teachers make every effort to respond to email and/or voicemail within 48 hours during the work week.

### **OTHER SUPPORT**

Students should come in after school Monday-Thursday to make up any missed activity days. The Wellness Room is open from 2:45-4:15. Check with your individual teacher to learn more about classroom procedures and schedules.

