

High School Holistic Wellness & Physical Education Curriculum Guide

Coach Pratt

Piedmont Classical High School (2020-2021)

Our Philosophy...

It is the goal of the Piedmont Classical High School Holistic Wellness and Physical Education program to provide students with learning opportunities that include meaningful content and instruction. All students will develop the following: health-related fitness habits, mental health awareness, emotional and social understanding, financial wellness practices, environmental and spiritual understanding. We will develop positive attitudes pertaining to all aspects of wellness to promote an overall healthy self.

Our Conduct Code...

PCHS students will be held to high standards, not only academically, but in their conduct. Student expectations will be clearly communicated to students and parents in the student handbook, and at other times throughout the year.

Our Mission Statement...

Piedmont Classical High School, by providing a rigorous, classical education, will graduate productive citizens prepared to succeed in any aspect of life.

Our High School Physical Education Purpose...

To introduce our students to a variety of wellness related activities so that they have the ability to develop habits that will create a lifestyle that will last them a lifetime.

Establishing an Effective Classroom

Best Practices

1. Dress:

- *Acceptable shirts, shorts, shoes
- *Amount of time allowed at beginning and end of class
- *Non- dressed students will receive point off each day not dressed.

2. Attendance:

- *In gym before bell on in-school days (unless opt. out)
- *Virtual Assignments will be attendance for at-home day
- *Tardiness and extended assignment deadlines will affect engagement grade

3. Locks and Lockers:

- *Padlocks: Organization of combinations, locker assignments and check in/out procedures
- *Bring your own locks to secure belongings

4. Showers:

- *Not Available
- *Encourage students to bring small hand towel, baby wipes, wash rag and/or soap to rinse off after workout. Time will be given to get dressed every day.

5. Lesson Plan Development:

- *Content Standards
- *Video Assignments
- *Logs
- *Fitness Plan Development
- *Lesson Quizzes
- *Material Instruction
- *Discussion
- *Participation

Rules and Procedures:

1. Emergency: (Posted in ALL areas) *Fire,
Disaster, Lockdown, Evacuation *Exit routes
2. Safety:
 - *Indoor facility conditions
 - *Outdoor facility conditions
 - *Locker room etiquette
 - *Hallway transitioning
 - *Proper equipment usage
3. Medical:
 - *Location of AED
 - *Building procedures for doctor and parent excuse notes
 - *Location of First Aid kits
 - *CPR certification
 - *Asthma plan and other medical concerns

Effective Learning Environment:

1. Communication on missed assignments or re-submission of assignments.
Percent of participation will vary for late work.
2. Lesson Focus and Activity

Possible Equipment Used:

Basketball, Volleyball, Frisbee, Dumbbells, Yoga Mats, Football, Resistance Bands.

If your student has access to a exercise mat, please have them bring to school for gym use. Only those students will have access to their mat.

Assessments:

1. Fitness/Exercise Proficiency
2. Financial Literacy
3. Nutrition Guides

Wellness Themes

Physical Wellness

Anatomy of the Body

Cardio-Respiratory

Risk factors, benefits and consequences, goal setting, cholesterol, LDL, HDL, blood pressure, target HR, resting HR, recovery HR, anaerobic, aerobic, FITT.

Upper and Lower Body Strength and Endurance

Specificity, overload, isometric, isotonic, isokinetic, progression, eccentric, concentric, FITT, set, rep, endurance, strength, overload, specificity, resistance, plyometrics, periodization, interval training, goal setting...

Flexibility

Methods, progression, specificity, joint flexion and extension, static, dynamic, goal setting, ROM, injury prevention, FITT, ballistic, joint laxity, overload, PNF, hyper-mobility, arthritis, shin splints...

Mental & Social Wellness

Body Image

Lifestyle, body comp, eating disorders, weight maintenance, goal setting, heredity, skinfold, moderation, BMR, RMR, calorie, FITT, BMI, energy expenditure.

Anxiety, Depression, Facts about Mental Health

We will discuss the importance of children and teenagers understanding the effects on behaviors that are induced by anxiety, sadness, depression, and all of the stigma that is associated with mental health.

Healthy Relationships

Open, honest and safe communication is a fundamental part of a healthy relationship. The first step to building a relationship is making sure you both understand each other's needs and expectations, because being on the same page is very important. These include friendships, romantic relationships, family relationships, work relationships, sports teams, etc...

Physical Wellness

Nutrition

Carbohydrate loading, metabolism, calories, goal setting, labels, fluids, nutrients, saturated fat, unsaturated fat, trans fat, sugars, calories, vitamins, minerals...

Consumer Issues and Exercise Myths

Consumerism, muscular bulk vs. definition, spot reducing, fad diets, quackery, supplements, figure wrapping, health clubs, evaluation of resources, dietician, nutritionist...

Stress Management

Stress, general adaptation syndrome, eustress, distress, stressors (physical, emotional, social), managing stress, stress signals...

Environmental Wellness

The environmental dimension is the extent to which one cares for the earth by protecting its resources. It is the ability to recognize personal responsibility for the quality of the air, water and land. The ability to make a positive impact on the quality of homes, communities, and the planet while understanding the negative effect of personal choices contributes to environmental wellness. Environmental wellness is recognizing the unstable state of the earth and the effects of daily habits on the physical environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment.

Social and Emotional Wellness

Social wellness is the ability to relate to and connect with other people in the world. The ability to establish and maintain positive relationships with family, friends and co-workers contributes to social wellness. Friends can serve as a source of encouragement and reinforcement for practicing healthy habits. The social dimension encourages one to become aware of his or her importance in society. It is vital to stay connected to people, form new relationships and participate in various social activities. Social wellness encourages one to take an active part in improving the world by encouraging healthier living and initiating better communication with others. Social wellness encourages one to discover the power to make willful choices to enhance personal relationships and important friendships and build a better living space and community. Social wellness also includes showing respect for others, oneself and other cultures.

Financial Wellness

Financial wellness is defined as “effectively managing your economic life”. Well-being is defined as having financial security and financial freedom of choice, in the present and in the future.

Fitness Testing:

Fitness Testing is mandated to be administered throughout the year in a pre-test and post-test format.

Fitness Tests Include:

- ✓ Timed Jog
- ✓ BMI
- ✓ Curl ups
- ✓ Trunk Lift
- ✓ Push ups
- ✓ Back-saver sit-n-reach
- ✓ Shoulder Stretch
- ✓ Height
- ✓ Weight

Dress and Participation Guidelines

Not Dressed out for participation or failure to participate in activities with result in loss of daily points (10 points for dress, 10 points for participation). Verbal reminder of guidelines will be given to students. If student is participating but not dressed out on free days, student will only lose 5 points for dress.

If student continues to lose points the teacher makes parent contact. Recommended that student be assigned detention time. Student will not receive credit for the day.

If student is removed from class, they will lose all points plus extra 10 points for insubordination. Teacher makes parent contact. Student will be referred to their administrator. Student will not receive credit for the day.