

Physical Education
“Fitness Focused Curriculum”
Setting our students on a path towards wellness!

Dear Parent/Guardian,

The direction of Physical Education in the USA is moving towards incorporating more fitness activities and wellness education into the curriculum. In order for our teens to live a healthy lifestyle, they need to be given tools to help them make healthy nutrition and exercises choices.

Our school will be using a Nutrition and Activity Journal and Program to help set our teens on a path towards wellness. The program focuses on incorporating more fitness type activities into the Physical Education curriculum and encourages more active participation by all students. Lessons on nutrition and fitness basics will be added with a few assignments, which re-enforces the concepts taught. One of the most important aspects of this program is the journal. The journal provides each student with a template to track his/her nutrition and activity habits. Completing the journal pages each week is part of the expectations for the class and will be graded.

Fitness testing is an important measure of the success of the program. Fitness testing will occur at the beginning and end of the semester to measure students’ progress. The testing includes: sit-ups, push-ups, step test, flexibility, blood pressure, height, weight, and body fat. These measures will be kept confidential. Again, these tests will be used to measure the students’ progress throughout the semester.

If you have any questions about the program, please feel free to call the Physical Education department.

Sincerely,

Mr. Hassinger
Mr. Schellenberger
Mrs. Daum