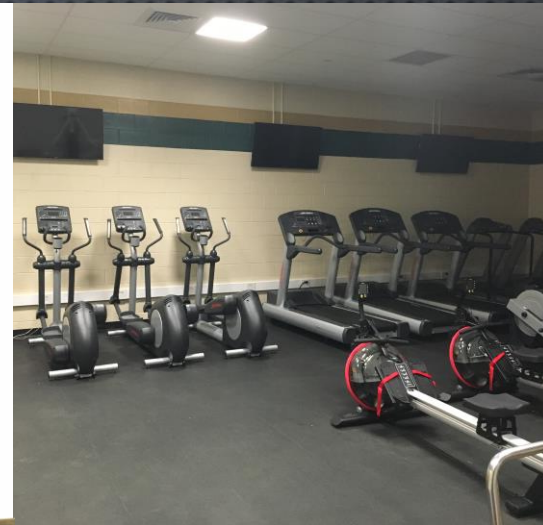


HOLICONG MIDDLE SCHOOL HEALTH AND PHYSICAL EDUCATION



PROGRAM GOALS

- Support Social, Emotional Learning and Physical Activity
- Expose students to lifetime fitness opportunities
- Provide all students an opportunity to move and value exercise/nutrition and their overall well being
- Provide students 56 minutes every other day an opportunity to have fun, be kids, and exercise



COMPONENTS OF A TYPICAL P.E. CLASS

Warm-up

Introduction

Activities

Closure

WARMUP



CURRENT ACTIVITIES IN 9TH GRADE

(ELECTIVE BASED
OPTIONS)



WHAT'S NEW IN PHYSICAL EDUCATION?

- **OLD PE:** STUDENTS TAKE A PHYSICAL FITNESS TEST ONCE A YEAR, WITH LITTLE CONDITIONING OR UNDERSTANDING OF HOW THE RESULTS MIGHT RELATE TO INDIVIDUAL GOALS. THE RESULTS ARE INTERPRETED IN RELATION TO NATIONAL NORMS, POSTED PUBLICLY AND THE BEST-PERFORMING KIDS CAN GET AWARDS.
- **NEW PE:** FITNESS IS A REGULAR PART OF OUR DAILY CLASS. WE TEACH STUDENTS HOW TO UNDERSTAND HOW TO ENJOY AND IMPROVE THEIR PHYSICAL FITNESS. STUDENTS ARE PHYSICALLY PREPARED AND SCIENTIFICALLY BASED FITNESS SYSTEMS ARE USED WITH HEART RATE MONITORS. THE RESULTS ARE PRIVATE AND USED TO SET PERSONAL GOALS.
- **OLD PE:** PUSH-UPS OR OTHER EXERCISES ARE USED AS PUNISHMENT.
- **NEW PE:** ACTIVITY IS A REWARD. STUDENTS ARE ENCOURAGED TO USE WHAT WE TEACH THEM IN CLASS OUTSIDE OF SCHOOL AND FOR THE REST OF THEIR LIFE. WITHOUT HEALTH AND WELLNESS WE HAVE NOTHING. EXERCISE IS VITAL TO EVERYONE'S LIVES AND HAS SO MANY BENEFITS.
- **IN OTHER WORDS, THE NEW PE IS A CHANCE FOR ALL KIDS — TO ACQUIRE THE SKILLS THEY'LL USE AS ADULTS AND AN UNDERSTANDING OF WHY IT'S IMPORTANT TO USE THEM**

HEART RATE TRAINING

POLAR[®]
LISTEN TO YOUR BODY



HOLICONG MIDDLE SCHOOL
HEALTH & PHYSICAL EDUCATION

HOLICONG FITNESS CENTER



Logging Fitness Progress and Setting goals

Weight Training Progress Card					
Name: _____					
	Major Muscle Used	Wt	Lesson 1 Sets/Reps	Wt	Lesson 2 Sets/Reps
1	Elliptical				
2	Elliptical/Treadmill				
3	Treadmill				
4	Treadmill				
5	Bicep Curls				
6	Incline Abs/Plank				
7	Box Jump				
8	Rower				
9	Box Jump				
10	Rower				
11	Shoulder Press				
12	Leg Press				
13	Lat Pull Down				
14	Chest Press				
15	Tricep Pull Down				
16	Bicep Curls				
17	Agility Ladder				
18	Resistance Bands				
19	Jump Rope				

BENEFITS OF HEART RATE MONITORING

HR MONITORING...

- DEMONSTRATES THE HEALTH BENEFITS OF EXERCISING IN THE DIFFERENT TARGET ZONES.
- PROVIDES ACCURATE, REAL TIME FEEDBACK ON ANY EXERCISE.
- ALLOWS PERSONALIZED TEACHING & FEEDBACK TO EACH STUDENT.



EXERCISING IN THE RIGHT ZONE..

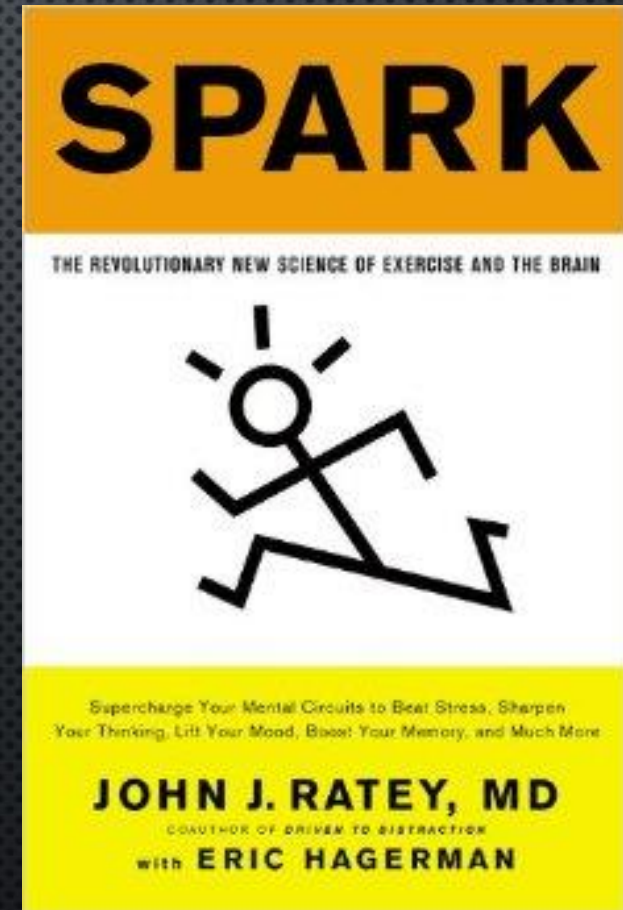
- HEART RATE MONITORS HELP YOU FIND YOUR PERSONAL EXERCISE INTENSITY AND THEY ALSO TELL YOU WHAT ZONE YOU SHOULD BE EXERCISING IN FOR OPTIMUM RESULTS.
- TARGET HEART RATES & HEART RATE ZONES ARE CALCULATED AS PERCENTAGES OF THE MAXIMUM HEART RATE (HRMAX) AND ARE DISPLAYED ON SCREEN TO KEEP YOU ON THE RIGHT TRACK.



THE MIND BODY CONNECTION

SPARK

- RESEARCH SHOWS THAT PHYSICAL ACTIVITY IN SCHOOL CHILDREN HAS A POSITIVE INFLUENCE ON MEMORY, CONCENTRATION, AND CLASSROOM BEHAVIOR.



THE MIND BODY CONNECTION

EXERCISE HELPS:

Manage Stress

Anxiety and Depression

Improve focus and
concentration

Fight unhealthy
Addictions

Improves
decision making

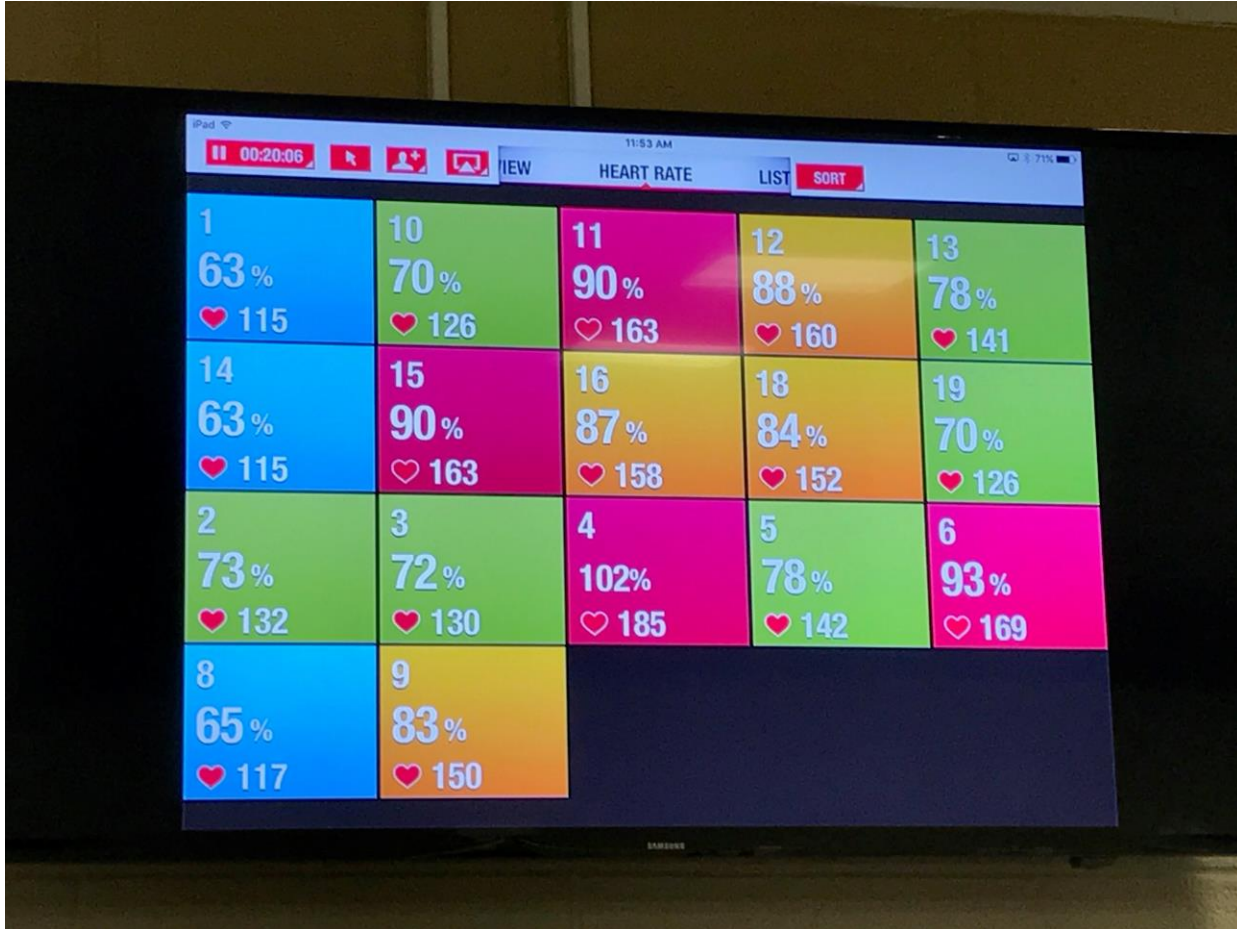
Strengthens
Overall Health

Become More
Social

HEALTH UNITS AND GUEST SPEAKERS

- TOBACCO
- DRUGS AND ALCOHOL (NOVA)
- FIRST AID
- HUMAN GROWTH AND DEVELOPMENT (PUBERTY/REPRODUCTIVE SYSTEM) (STD'S AND AIDS)
- MENTAL HEALTH (NAMI)
- DATING AND RELATIONSHIPS (A WOMANS PLACE AND NOVA)
- DECISION MAKING

- SPECIAL GUEST PRESENTER – DR. DAVID SMITH FROM DOYLESTOWN HOSPITAL
 - OBESITY EPEDEMINIC IN THE UNITED STATES (EXERCISE AND NUTRITION)
 - MARCH 14 AND 15 DURING 9TH GRADE CLASSES



LET'S GO
HAVE
SOME FUN
IN THE
FITNESS
ROOM