

## Physical Education

It is required that all Kennedy High School students successfully complete at least 1 semester of daily Physical Education – resulting in 1 semester of credit – each year. A student may enroll in a Physical Education class both semesters if they desire and will receive the 1 extra elective credit upon successful completion of the course. However, only 1 credit will go towards the 4 Physical Education credit hours required to graduate. An explanation of course offerings is included below:

**Health & Fitness 1** will be a classroom only PE course worth 1 credit. This course will focus on nutrition, components of fitness, exercise planning, mental and emotional help, and family relationships. A Pacer test, which measures cardiovascular endurance, will be administered at the beginning of class one day a week. Students are not allowed to repeat this class. **Students are NOT required to dress out for this class but are encouraged to do so on the day of the Pacer test.**

**Performance PE** – students will follow an individualized functional strength training program. The class will also incorporate workouts that focus on core strength, upper and lower body mobility, muscle flexibility, foot agility, and ACL prehab. This class is designed for athletes, but is also for non-athletes who are serious about fitness. All Performance PE students will be required to run a cardio Pacer test at the beginning and at the end of each semester. **Students are required to dress out for this class.**

**Personal Fitness** – students will be involved in a variety of fitness activities including yoga, Pilates, core development, functional agility and movement, plyometrics, mobility and muscle flexibility. This class will also include a daily Pacer test which measures cardiovascular endurance. The use of heart rate monitors will also be incorporated periodically. **Students are required to dress out for this class.**

**PE 9-12 Team Sports** – students will begin each class with the Pacer test which measures cardiovascular endurance followed by an opportunity to choose between a ‘sport of the day’, a pick-up basketball game, or walking. The focus of this class is constant movement, but students may be required to work on some ‘skills of the game’ prior to playing. Walking is an option, however, full class points will not be given to those who choose this option. The use of heart rate monitors will be incorporated periodically throughout the semester. **Students are required to dress out for this class.**

**Early Bird PE** – this class will start with a Pacer test, followed by some form of low impact physical activity – including walking, aerobics, flexibility, etc. No team or individual sports will be played. **Students are required to dress out for this class.**

**PE Swimming** - this class will include water safety, basic stroke development, lifetime water activities, and more. All levels of swimmers are accepted. **Students are required to dress out for this class.**

**REQUIRED DRESS FOR PE CLASSES:** To be in a position to receive all daily points, students must wear workout clothes which include sneakers (tennis shoes, running shoes, basketball shoes), shorts/sweat pants/yoga pants (no jean shorts), t-shirt/sweat shirt/appropriate tank top. It is suggested that the clothes worn in PE class are different than those worn during the day.

**PADLOCKS** – All PE students will be given a PE locker to use during the semester. **STUDENTS MUST KEEP THEIR LOCKERS LOCKED.** We have a limited number of padlocks which will be available for a \$5 rental fee – refunded when lock is turned in at the end of the semester. **We encourage students to use their own padlock if possible.**

**There are no waivers for PE at Kennedy.**

### **The Pacer Test**

The Progressive Aerobic Cardiovascular Endurance Run (PACER) is a multistage shuttle run created by Leger and Lambert in 1982. The PACER is designed to measure aerobic capacity, which is characterized by endurance, performance, and fitness. The objective of the PACER is to run as long as possible while keeping a specified pace. Students run back and forth across a 20-meter space at a pace that gets faster each minute. A point is scored for each 20-meter distance covered. The test is easier in the beginning but progressively gets more difficult. In comparison to distance running, the PACER is a more effective, fun, and easy way to measure aerobic capacity that encourages participation from all youth and is relatively easy to score and administer.

Students at Kennedy HS are graded on their ability to achieve 60 – 20 meter runs during the Pacer test. Two chances are given – if needed, and the grade for this portion of the class is determined by how many you reach out of 60.

### **FAQ**

#### **What can I do if it looks like I have no room in my schedule for PE?**

You should see your counselor to discuss your schedule. PE is a required class for graduation and it is mandated by the state of Iowa.

#### **If PE is only one semester, what do I do the other semester?**

Kennedy offers many one semester electives. This is an opportunity to take one more elective.

#### **Can I take PE every day all year?**

Students will be scheduled for one daily PE class for one semester. If space is available, students may request a second semester of PE. Contact your counselor if you are interested in this option.

#### **Can sports practices count as my PE credit?**

To earn PE credit, you must be registered in a PE class and meet the requirements of that class. Although our athletes put in many hours of physical activity, we cannot issue credit. Just like our students who participate in extracurricular academic school based activities, no academic credit is issued.