

What is Choice PE?

Students entering grade 10, 11 and 12 will have the opportunity to choose what type of Physical Education Class they would like to take for the 2023-2024 school year.

The purpose of these courses is for students to develop, learn and continue practicing lifetime activities to maintain a healthy active lifestyle.

Courses will include:

- Personal Fitness
- Dance
- Mind & Body Wellness
- Team Sports
- Individual and Dual Sports
- PALS- Physical Activity Leadership & Service

Incoming freshman students will not be offered these courses. However, they will engage in a new PE-1 curriculum that explores all the choice PE units and adventure education.



Our Department


Brian Laddey- Athletic Director
and Assistant Principal of HPE
bladdey@lrhsd.org

Ms. Dana Cummins
Ms. Stephanie Cramer
Mr. Michael Curcio
Ms. Jessica Di Meglio
Mrs. Stacey Domagala
Mr. Eric Einbinder
Mr. Phil Fiore
Mrs. Jody Stansbury
Mr. William Sutphin
Mrs. Beth Taubman
Mr. Michael Wasienko
Mr. Matt Wolf
Mrs. Nicole Patterson
Mrs. Stacey Domagala
Mr. Donny Lang
Mr. Mike Condorso (Coordinator)



LENAPE

**CHOICE
PHYSICAL EDUCATION
CURRICULUM**



Courses

Mind & Body Wellness

Through yoga activities and circuit training, this course will provide students with the opportunity to increase their flexibility, cardiovascular endurance, muscular strength, and muscular endurance. Students will be actively engage in guided meditation and relaxation techniques which have been proven to help reduce stress and anxiety, increase concentration, and build self-confidence. Activities include, but are not limited to: yoga, meditation, breathing techniques, walking and mindfulness.



Personal Fitness

This course will emphasize developing and maintaining healthy lifestyle habits on an individual basis. Its focus will be geared towards overall wellness. This would include topics such as nutrition, positive emotional development, weight management, and training techniques and habits. Activities include, but are not limited to: weight training, stretching, proper warm-up/cool down, conditioning, interval training, HIT training, and fitness walking.

Dance

This course will provide students with the opportunity to experience a variety of dance genres, dance related fitness activities, learn basic techniques of dance styles, and choreography while focusing on coordination, flexibility, cardiovascular and muscular endurance. Activities include, but are not limited to: cultural dances, dance fitness, just dance, social line dances, social media dance trends, and choreography design.

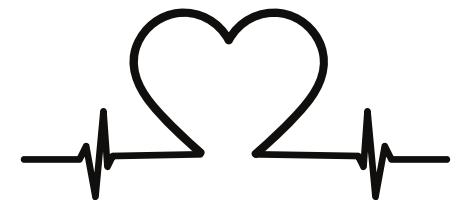
Team Sports

This course will be designed to demonstrate the importance of teamwork, cooperation, communication, and strategy. In addition, students will be able to improve their cardiovascular fitness, muscular endurance, muscular strength, flexibility, balance, agility, and coordination. Activities include but are not limited to: flag football, softball, soccer, ultimate frisbee, kickball, handball, basketball, pillow polo, and volleyball.



PALS – Physical Activity Leadership & Service

This course will provide students an opportunity to participate in higher level adventure education activities and elements such as the climbing walls and ropes courses. Students will also be given the opportunity to assist students who need additional modifications during their physical education classes. This course will expose students to activities and character building skill sets that can be used in their future education, career, and life experiences. Activities include but are not limited to: higher level adventure education elements such as the climbing walls and ropes course, teaming with students who need additional modifications as they participate in individual, dual, or team sports.



Individual & Dual Sports

The purpose of this course will be to promote activities that students will be able to perform throughout their lifetime to stay active and physically fit. This course is designed to include several components of fitness such as cardiovascular fitness, muscular endurance, muscular strength, flexibility, balance, agility, and coordination. Activities include but are not limited to: tennis, golf, frisbee golf, archery, pickleball, badminton, and 2v2 volleyball.