

# PHYSICAL EDUCATION, HEALTH AND TRAFFIC SAFETY

## Traffic Safety:

This course consists of at least thirty hours of classroom instruction and at least six hours of behind the wheel instruction. The State of Illinois mandates strict attendance requirements.

- Students must be 15 years old by June 10, 2024.
- There will be a “Look Who Is Driving Now” parent/student Zoom meeting scheduled (Date & Time TBD). This meeting is informational only, it is not a requirement for the class.
- On the first day of class, each student must bring a separate \$20.00 check to school, (payable to the Secretary of State), to cover the permit fee. Please do not attach or include this check with any other paperwork!
- Classes will meet Monday-Wednesday. The behind the wheel (BTW) portion will meet on Thursdays. A schedule will be posted in the classroom and BTW instructors will communicate with their drivers.

Prerequisite: IIB 418 (PA88-188) Public and Private School students who desire to take driver education courses must receive a passing grade in at least eight courses during the previous two Terms prior to enrolling in Traffic Safety.

Important Notes: Buses only run at the beginning of the school day and at the end. Since this course only meets two hours a day, if you are taking traffic safety as your only course, you will need to find a ride either to or from school.

**Open to:** Students must be 15 years old by June 10, 2024.  
**Credit:** 1 Credit. This course meets the Traffic Safety Graduation Requirement.  
**Cost:** \$540 (\$640 Out of District) \*, 2 Terms, 6 weeks, half day morning OR half day afternoon. Choose either Period 1 OR Period 2.

**\*On the first day, students must bring a separate \$20 check. Traffic Safety cost is \$300.00. There is a non-refundable lab fee of \$240 required for enrollment.**

| Course - Choose only one | Period | Hours      | Term  | Dates       |
|--------------------------|--------|------------|-------|-------------|
| 520755-11                | 1      | 8:50-11:20 | 1 & 2 | 6/10 - 7/18 |
| 520755-21                | 2      | 11:40-2:10 | 1 & 2 | 6/10 - 7/18 |

## Health:

The basic purpose of this course is to provide accurate and up-to-date information on health issues which will enable students to make decisions regarding healthy behavior. Health Education is a totality of experiences that may influence knowledge, attitudes, and practices and should eventually be reflected in our everyday living patterns.

Approval needed: Contact your PE Dept Chair prior to registering for this class. Enrollment in this course may occur only upon consultation with and approval from the PE Department Chair. DHS Dept. Chair: Mr. Marc Pechter - mpechter@dist113.org, HPHS Dept. Chair: Ms. Lynn Hatzikostantis - lhatzikostantis@dist113.org.

Important Notes: Current 8th graders are NOT eligible to take this course. Taking this course will not “free up” a period during the school year, you will still be required to take 8 Terms of Physical Education.

**Open to:** Current 9<sup>th</sup> through 12 Graders.  
**Credit:** 1 Credit. Successful completion of Health fulfills a graduation requirement.  
**Cost:** \$300 (\$400 Out of District), 1 Term, 3 weeks, full day. Choose either 1<sup>st</sup> OR 2<sup>nd</sup> Term.

| Course - Choose only one | Period | Hours       | Term | Dates       |
|--------------------------|--------|-------------|------|-------------|
| 520652-11                | 1 & 2  | 8:50 - 2:10 | 1    | 6/10 - 6/27 |
| 520654-11                | 1 & 2  | 8:50 - 2:10 | 2    | 7/1 - 7/18  |

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## PHYSICAL EDUCATION, HEALTH AND TRAFFIC SAFETY cont.

### Nutritional & Whole-Body Fitness:

Do you want to become a stronger athlete in the off-season? Are you looking for some accountability for your summer workouts? Do you want to stay in shape? Do you want to get in shape? This class could be for you. Students will learn different ways to exercise, move, be active and monitor their health and fitness. This course combines some traditional ways such as weightlifting and nutrition and some non-traditional ways like kayaking and cross fit. A variety of field trips may include yoga, spin classes, or fitness at the beach. The ultimate goal is for students to develop new interests and learn ways that best fit with their life, schedule and interests to gain better overall wellness. **Important Note: This course does not earn PE credit.**

**Open to:** All Students, including students making up a failure and/or grade replacement in PE (Dept Chair approval needed).

**Credit:** 1 General Elective Credit or R-grade replacement.

**Cost:** \$300 (\$400 Out of District), 2 Terms, 6 weeks. Choose half day morning OR half day afternoon.

| Course - Choose only one | Period | Hours      | Term  | Dates       |
|--------------------------|--------|------------|-------|-------------|
| 555055-11                | 1      | 8:50-11:20 | 1 & 2 | 6/10 - 7/18 |
| 555055-21                | 2      | 11:40-2:10 | 1 & 2 | 6/10 - 7/18 |