



# The Ins and Outs of

## Lockport Township High School P.E.



### Department Mission →

The Physical Education Department at LTHS is dedicated to giving all students a variety of experiences that will contribute to their attainment of wellness throughout life. In health, driver's education, and physical education classes, students will be introduced to a curriculum, which will reinforce and maintain personal habits that can lead to a life-long physical, mental, and social fitness.

### LTHS PE is Unique because...

- ✓ All students are given the opportunity to improve their individual fitness level.
- ✓ We offer a variety of courses with a common goal of incorporating lifelong fitness skills.
- ✓ Our students are taught a variety of options they can use to improve their personal fitness both currently and after they graduate.
- ✓ We offer a vast and differing curriculum that considers both the sport and fitness aspects of wellness.
- ✓ The teachers in the LTHS PE Department are innovative, dedicated and leading the way in the development of a fitness based educational program.
- ✓ Our students have the opportunity to be certified in CPR/First Aid, lifeguarding, and officiating.
- ✓ All students are equipped with heart rate sensors allowing for individualized cardiovascular workouts and feedback
- ✓ Our students have the opportunity to participate in a triathlon either as an individual or team



### Student views of LTHS PE...

I've had great PE teachers all throughout my time at LTHS. They've equipped me with knowledge about fitness that I will be able to utilize every day, especially the years after high school. Not only do students learn the how-to's of fitness, but also the logic and science behind healthy living. It's nice that LTHS offers so many different PE classes from which anyone can find something that they like or would like to try.



– Eric Keta

I have learned that when I am physically active, I feel better and more confident with myself. I also discovered a new love for lifting. When I lift, I feel amazing afterwards (no matter how sore I am for the next few days). I am a lot stronger now than I was freshman year when I could barely hold myself up for one push-up. My goal for the end of junior year and all of senior year is to gain muscle mass and strength while also becoming more comfortable with my image.



– Karolina Ulinskas

Throughout my years here at Lockport, I have learned that physical education is a vital component to living a healthy lifestyle. By stressing the importance of gym throughout all four years, students are not only held accountable for their health but understand the meaning of health. It has been noticeable that throughout my time here at LP, physical activity has not only improved my physical well-being, but my psychological well-being.



- Marissa Parus



## HOW LTHS P.E. CONTINUES TO BE ON THE CUTTING EDGE

Lockport Township High School Physical Education has always strived to create a variety of choices for students to be successful. Over the years these choices have continued to expand as we continue to meet the needs of our students. Throughout our curriculum LTHS looks to meet and exceed the state standards. We set high expectations for student growth by incorporating the latest technology in fitness research. LTHS PE is at the forefront of using technology for student growth. LTHS PE's use of Heart Rate Monitors (HRM) has increased student awareness of the importance of physical activity throughout life. LTHS P.E. will continue to set the standard through exploration of new physical activity innovations and application of the Illinois Physical Education State Standards for our entire physical education program.

## Student Views of LTHS PE...

The Lockport Township High School Physical Education program has taught me several things in my time here in high school. PE has taught me what it means to be healthy and how to take care of my body in order to become a better person. PE has taught me the importance of working together as a team to achieve a goal that I could not on my own. The teachers have taught me how fun it can be to be active and stay fit. PE has taught me how to be a better person.  
– Dan Arechiga



## P.E. PROVIDES...

- We provide our students the opportunity to choose courses based on interest and give them the tools for setting goals while motivating and encouraging them to achieve these goals
- A variety of activities that will promote lifelong fitness
- The use of technology to help students keep accurate data during workouts
- Multiple opportunities to work in teams, reinforcing effective problem solving and team building/leadership skills
- A rigorous, fun, and challenging curriculum that provides students the knowledge and resources to continue their journey of lifelong fitness.
- The opportunity to improve academic performance through physical activity which affects the brain and cognitive development.
- First class equipment and technology

## LTHS PHYSICAL EDUCATION COURSE OFFERINGS

PE 9 - Freshman Curriculum  
 Sophomore Physical Education  
 Advanced Fitness/Self-Defense  
 Athletic Training  
 Adventure Education 1  
 Adventure Education 2  
 Net and Racquet Sports

Beginning Dance  
 Intermediate Dance  
 Advanced Dance  
 Group/Personal Fitness  
 ACES Leader  
 Powerlifting  
 Swim Leader

Team Sports with Water Games  
 Team Sports  
 Gym Leader - Juniors  
 Gym Leader - Seniors  
 Individual Activities/CPR  
 Officiating and Coaching  
 Red Cross Lifesaving/CPR

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