

## **Physical Education Syllabus (2025–2026)**

Grades: 9th & 10th

Instructor: Arianna Hardin

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Classroom: Gym / Outdoor Field

Schedule: Mondays and Wednesdays 3–4:20 p.m

### **Course Overview**

This course promotes physical fitness, skill development, teamwork, and health education in alignment with California State Standards and Jewish values. Emphasis will be placed on tzniut (modesty), respectful conduct, and halachic guidelines in all physical activities.

### **Course Goals**

- Improve cardiovascular health, muscular strength, and flexibility
- Develop individual and team sport skills
- Apply principles of fitness, nutrition, and injury prevention
- Practice teamwork, leadership, and positive peer interactions
- Reflect on health and body awareness through a Jewish lens
- Introduce functional fitness practices through Pilates and kickboxing

### **Quarter 1: Fitness & Movement Foundations**

- Fitness assessments & SMART goal setting
- Warm-up & cool-down techniques
- Stretching and injury prevention
- Cardio games (relay races, aerobic circuits)
- Intro to Kickboxing: Stance, basic punches, and cardio drills
- Pilates for Core Strength: Breathing, control, posture basics
- Jewish values: Shmirat HaGuf (caring for the body)

### **Quarter 2: Team Sports & Strategy**

- Skill-building in soccer, basketball, and volleyball
- Cooperative games and team-building
- Strategy, communication, and halachic competition guidelines
- Partner Kickboxing Drills (non-contact, pad-based)
- Pilates Flexibility Routines for Post-Game Recovery

### **Quarter 3: Individual & Lifetime Activities**

- Track & field basics
- Yoga and dance fitness (modest attire/music observed)
- Racquet sports: badminton or paddleball
- Kickboxing for Self-Defense (technique and empowerment focus)
- Pilates Sequences for Flexibility, Balance, and Toning
- Personal fitness planning and tracking

### **Quarter 4: Health & Wellness**

- FITT principles (Frequency, Intensity, Time, Type)
- Kosher-aligned nutrition basics
- Hydration, sleep, and stress management
- Body image, tzniut, and self-esteem discussions
- Optional: Basic CPR and first aid overview
- Mind-Body Connection: Combining Pilates breathing with relaxation techniques

### **Grading Breakdown**

- Daily Participation & Effort: 40%
- Skills & Performance Checks: 20%
- Written Reflections/Quizzes: 15%
- Fitness Journal/Logbook: 15%
- Final Project: 10%

### **Materials Needed**

- Athletic attire meeting tzniut standards (e.g., long sleeves, skirts with leggings or sweatpants)
- Athletic shoes
- Water bottle
- Notebook or digital journal

### **Expectations**

- Arrive on time and fully dressed for activity
- Treat peers and teachers with kindness and respect
- Participate with effort, even when activities are challenging
- Follow all classroom and school behavior guidelines
- Uphold Jewish values in conduct, language, and attire