

IMPORTANT PHONE
NUMBERS AND CONTACTS

Londonderry High School
603-432-6941



**Physical Education
Department**

Men's Office
432-6941 ext. 2904

Women's Office
432-6941 ext. 2907

**LONDONDERRY HIGH SCHOOL
PHYSICAL EDUCATION**

Teacher web pages can be viewed by
visiting the
Londonderry School District's website
at

<http://schools.londonderry.org/lhs/faculty.cfm>

The Londonderry High School
Program of Studies
can be viewed by visiting

<http://schools.londonderry.org/lhs/docs.cfm>

A listing of **clubs and activities**
available to students beyond the
Interscholastic Athletics programs
can be viewed at

<http://schools.londonderry.org/lhs/clubs.cfm>

Londonderry School District
Londonderry, NH 03053
(603) 432-6920
Superintendent - Nathan Greenberg
Assistant Superintendent— Mark Blount

LONDONDERRY
HIGH SCHOOL
PHYSICAL EDUCATION
DEPARTMENT

INFORMATIONAL BROCHURE



LONDONDERRY
HIGH SCHOOL
PHYSICAL EDUCATION
DEPARTMENT



“Giving Wings to Children’s
Dreams”

LONDONDERRY HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT

LHS MISSION STATEMENT

THE LEARNING COMMUNITY OF LONDONDERRY HIGH SCHOOL IS COMMITTED TO PROVIDING A SAFE, DIVERSE, AND NURTURING ENVIRONMENT THAT PROMOTES ACADEMIC EXCELLENCE, CITIZENSHIP, AND THE DEVELOPMENT OF SKILLS AND VALUES NECESSARY FOR FUTURE SUCCESS.

ACADEMIC EXPECTATIONS

- *STUDENTS WILL BE ABLE TO FORMULATE, CRITICALLY ANALYZE, AND SOLVE A VARIETY OF PROBLEMS.*
- *STUDENTS WILL BE ABLE TO USE VARIOUS FORMS OF COMMUNICATION TO ACCURATELY RECEIVE, PROCESS, AND DELIVER INFORMATION.*
- *STUDENTS WILL BE ABLE TO LEARN INDEPENDENTLY BY EMPLOYING A VARIETY OF RESEARCH SKILLS.*

CURRICULUM STANDARDS

All Grade 9-12 physical education curricula is designed using National Standards suggested by NASPE (National Association for Sport and Physical Education). The standards provide a framework for the development of lessons with realistic and achievable expectations.

What should a physically educated student know and be able to do?

To pursue a lifetime of healthful physical activity, a physically educated person:

- has learned skills necessary to perform a variety of physical activities
- knows the implications of and the benefits from involvement in physical activities
- does participate regularly in physical activity
- is physically fit
- values physical activity and its contribution to a healthful lifestyle

*Taken from Moving into the Future :
National Standards for Physical Education*

Our Physical Education Programs promote:

- *Skill Development and Physical Fitness*
- *Regular, Healthful Physical Activity*
- *Reinforcement for other Subject Areas*
- *the Development of Self-Discipline*
- *Peer Relations*
- *Stress Reduction*
- *Improved Self-Confidence and Self-Esteem*
- *Goal Setting*

P.E. Course Selections

Students must earn 1 credit in PE and .5 credits in Health to graduate.

PHYSICAL EDUCATION I -This required course includes classroom instruction in organized game activities.

WELLNESS-Freshman Wellness is a one year course combining health, and fitness components to promote the skills and habits needed to enhance personal health and wellness.

WALKING FOR WELLNESS— This course is offered to grades 10-12 and includes a progressive walking program for cardiovascular and fitness improvement and overall health.

LIFETIME FITNESS— This course is offered for grades 10-12 to provide the student with the knowledge to improve their general level of fitness.

WOMEN'S FITNESS-This course is offered for grades 10-12 and is designed to improve a general level of fitness for women.

TEAM SPORTS- This course is designed for grades 10-12 and offers students the ability to apply concepts and strategies to organized game activities.

INTERACTIVE PE-This is an elective course designed for students who are interested in sharing their knowledge with students who need 1-on-1 assistance to succeed.

P.E. ACTIVITIES-This elective class gives students an opportunity to participate in a variety of activities.