**Our Mission**

To provide quality physical education that empowers all students to learn, develop, and apply the skills needed for daily participation in personal fitness and lifetime activities.

### Physical Education: Freshman Year

<table>
<thead>
<tr>
<th>Personal Fitness</th>
<th>CPR and Adventure Ed</th>
<th>Fitness Integration Through Sport I</th>
<th>Fitness Integration Through Sport II</th>
</tr>
</thead>
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### Physical Education: Sophomore Year

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<thead>
<tr>
<th>Dance Du Jour</th>
<th>Fitness Consumerism</th>
<th>Swimming</th>
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### Physical Education: Junior/Senior Electives

- APF: Self Defense
- Lacrosse: Rollerblading
- BodySculpt: Tennis
- Lifetime Motion: Softball
- Soccer: Football
- Swim for Fitness: Wildcathlon
- Ultimate Frisbee: Volleyball
- 9-12 Adapted PE: Jr/Sr. Peer Partners

The physical education staff at Neuqua Valley High School is committed to offering one of the most comprehensive physical education programs in the nation. The Neuqua Valley Physical Education Department was awarded the Blue Ribbon Award from the Illinois Alliance of Health, Physical Education, Dance and Recreation for having one of the top programs in the state of Illinois. This award was a direct reflection of the professional physical education staff and the outstanding students they impact on a daily basis. The freshman and sophomore curriculum is predetermined for students with a wide variety of activities, including important life skills such as swimming, CPR, personal fitness, dance and a number of team sports skills. The junior/senior curriculum is comprised of units that are typically four weeks in length. Every unit usually includes a choice from the categories of fitness, dance, team sports, individual sports, and aquatics. This allows our students to experience a wide range of activities that will contribute to a lifetime of wellness. Neuqua Valley also has an award-winning adapted physical education program for selected students, as well as a peer partner program that operates in conjunction with the adapted program. This allows selected juniors and seniors the opportunity to provide mentorship to students with a variety of abilities.

**Faculty**

- **David Perry, Chair**
  - BS, Illinois State University
  - MAEL, Aurora University

- **Jason Arquilla (Health, PE)**
  - BS, Iowa State University
  - MS, Chicago State University*

- **Julie Bannack (Health)**
  - BS, University of Illinois
  - MS, Northern Illinois University

- **Michael Bathan (APE, PE)**
  - BS, California State University
  - MS, Northern Illinois University

- **Trudy Bennorth (PE)**
  - BA, Augustana College
  - MAEL, Aurora University

- **Nick Benson (PE)**
  - BS, University of Illinois
  - MS, University of St. Francis

- **Dave Brouwer (Health)**
  - BS, Indiana University
  - MS, Northern Illinois University

- **Lauren Cheek (Health)**
  - BS, Illinois State University

- **Travis Cherry (PE)**
  - BS, Western Illinois University

- **Mike Cook (Dr Ed)**
  - BS, Northern Illinois University
  - MS, Chicago State University

- **Bill Ellinghaus (Dr Ed)**
  - BS, Illinois State University
  - MA, Chicago State University

- **Matt Fehrmann (PE)**
  - BS, Eastern Illinois University
  - MS, Chicago State University

- **Dan Fitzgerald (PE)**
  - BS, Illinois State University

- **Mark Florence (PE)**
  - BS, North Central College
  - MAEL, Aurora University

- **Courtney Frame (PE)**
  - BS, Illinois State University

- **Wayne Hartmann (Dr Ed)**
  - BS, Winona State University
  - MA, Rockford College

- **Ashley Hartke (Health)**
  - BS, Illinois State University

- **Rodney Jones (PE)**
  - BS, Eastern Illinois University
  - MS, University of St. Francis

- **Ben Kleinhaus (Dr Ed, PE)**
  - BA, Augustana College
  - BA, North Central College

Continued
Health

The Health program was awarded the Blue Ribbon Award. This recognizes the program as one of the best in the state! Health Education is a semester course that is typically taken in lieu of physical education at the sophomore level. It is required by the state of Illinois for graduation. Units of study include the following:

Wellness & Environmental Health: dimensions of health, values, behavior, goals, decision making, environmental issues

Nutrition & Physical Wellness: nutrition, weight management

Mental & Emotional Wellness: emotional health, sleep, stress/management, coping, loss, depression, suicide, eating disorders, body image, communication skills

Reproductive Wellness & Human Sexuality: reproductive anatomy, pregnancy, pregnancy prevention/planning,

Healthy Relationships: components of relationships, conflict

Diseases & Disorders: non-infectious disease, infectious disease, disease transmission/prevention, sexually transmitted infections

Alcohol, Tobacco, & Other Drugs: effects, decision-making, progression to dependency, risks, recovery, alternatives

Injury Prevention: basic responses to common emergencies

Advanced Health

The Advanced Health course is an elective offered to junior and senior students interested in health careers and/or the pursuit of current health information. The only prerequisite for the course is successful completion of sophomore health with an A or B average. Students that receive a C may take the course with teacher approval. The units for this course include health careers, ethics, human sexuality, drug policy, quality of life, and current events. This class provides students with a discussion-based, structured environment to explore the changing world of individual, family, and community health.

Driver Education

Driver education at Neuqua Valley High School consists of two phases. The classroom phase consists of the study of traffic laws and enforcement, required driving habits and skills, physical laws as they affect driving, responsibilities of automobile ownership, safe driving attitudes and related safe driving topics. This phase of the course is required for graduation.

The laboratory phase includes instruction behind the wheel on basic driving skills, techniques and procedures; experience in traffic environments and development of decision-making abilities for driving.

Both the classroom and laboratory phases are offered in the summer.

The Neuqua Valley Driver Education Department participates in the State of Illinois Cooperative Testing program for waiver of the drivers license examination upon successful completion of the course and requirements.

Awards and Recognitions

Neuqua Valley was chosen for the Blue Ribbon Award through the Illinois Association of Health, Physical Education, and Dance. This award distinguishes Neuqua Valley as having one of the top programs in the state of Illinois.