

Twindly Bridge Charter School
High School
Physical Education Course (full year) 1 HS Credit
Health Course (full year) .5 HS Credit

Instructor:

Ms. Kim Bergey CFT, SPN
Cell: (907) 982-1158
E-mail: kb1fitmother@gci.net

Times Offered:

Mondays 9:00am - 10:30am
Mondays 10:30am - 12:00pm

Course Description:

Students will actively participate in 60 minutes of physical exercise, including bodyweight training, cardiovascular conditioning, agility, stability, flexibility and breath work. After a 5 minute break, students will learn about health related topics including food choices, nutrition, environmental and food safety concerns and emotional well-being.

Course Goals:

My goal as your students instructor, is to have your kid walk away from this course, a noticeably stronger and fitter individual. Giving them the vital tools they need and clear reasons why to make the healthier choices and to “live life strong” moving forward. At the critical developing ages of pre-teens and teenagers, this is where the building blocks of a powerful life and longevity best start.

Students Learning Outcomes:

Students will learn and perform bodyweight exercises, know the proper form and main muscles each exercise works. They will learn the importance of flexibility and breath work and how to perform such exercises. A log will be provided but kept at the school. Student will be responsible for at least 54 out of class exercise hours. These exercise choices need to be instructor approved and have an accountability signature by a parent. Additionally, students will learn fundamental reasons for making healthy food choices. Alongside learning healthy behavioral decisions and how poor ones impact our health and well-being. In our class discussions, we will go over how to determine the health value of a food, learn about Macro and Micro nutrients and will create a healthy one day food log that would meet their individual health and fitness goals. Students will also learn about the leading causes of health problems in the US and how our environment is impacting our nutrition. There will be in class and homework assignments.

Requirements:

Water bottle
Supportive athletic shoes and workout clothes
Healthy snack ex: fruit and/or 20g+ protein shake or bar
1/2” binder with plastic cover sleeve
Out of class exercise plan (I have a fitness app available with a bodyweight program)

