

# *Physical Education, Health, & Sports*

## 2008—2009

**STEGER SCHOOL DISTRICT 194**

**Columbia Central School**

94 West Richton Road

Steger, Illinois 60475

Phone: 708.755.0021

### **PHYSICAL EDUCATION**

Students at Columbia Central School have the opportunity to participate in many individual and team sports, along with fitness. Our curriculum is designed with the focus on skill development gradually progressing to team play.

**Physical Education Units** include but are not limited to:

- Flag Football
- Fitness Testing
- Soccer
- Volleyball
- Basketball
- Softball
- Floor Hockey
- Badminton
- Mile Run
- Low Order Games

**Assessment:** Student progress is assessed through preparation, participation, skill tests and written tests.

### **HEALTH**

Students have the opportunity to study the social, physical, and mental/emotional aspects of good health and wellness.

### **6th Grade Health:**

- Understanding health and wellness
- Mental / physical / social health
- Nutrition
- Healthy Relationships

Text: Glencoe *Teen Health Course 2*

### **7th Grade Health:**

- Understanding health
- Mental / emotional health
- Relationships
- Conflict resolution
- Violence prevention
- Nutrition

Text: Glencoe *Teen Health Course 3*

### **8th Grade Health:**

- Body image
- Risk behaviors
- Growth and development
- Environmental health and safety

Text: Glencoe *Teen Health Course 3*

**Assessments:** Student progress is assessed through written tests / quizzes, group activities, presentations, and written assignments.

## **INTERSCHOLASTIC SPORTS**

Columbia Central School is a member of the South Suburban Junior High School Association. 6th, 7th and 8th Grade students, pending eligibility, may participate in the following sports:

- Baseball / Softball
- Cross Country
- Basketball
- Cheerleading
- Volleyball
- Track

Contests are held with the following schools / districts in our conference:

Recreated from information in  
Curriculum Brochure  
Copy available at Schools

Brookwood Junior High School  
Glenwood  
Colin Powell Middle School  
Matteson  
Forest Trail Junior High School  
Park Forest  
Huth Middle School

Matteson  
James Hart School  
Homewood  
Parker Junior High School  
Flossmoor  
Washington Junior High School  
Chicago Heights

**Additional information is available in the Columbia Central Athletic Handbook.**

**Intramurals:** All students are offered opportunities to participate in intramurals as part of the after-school programming.

## **OUR MISSION**

The mission of Columbia Central School is to provide 6th, 7th, and 8th grade district students with the academic, social, and technological experiences necessary for them to be successful as high school students and as healthy, responsible, inquisitive, and productive members of their communities.

### **ILLINOIS STATE PHYSICAL DEVELOPMENT AND HEALTH GOALS:**

19. Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
20. Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
21. Develop team-building skills by working with others through physical activity.
22. Understand principles of health promotion and the prevention and treatment of illness and injury.
23. Understand human body systems and factors that influence growth and development.
24. Promote and enhance health and well-being through the use of effective communication and decision-making skills.

**STEGER  
SCHOOL DISTRICT 194  
[www.sd194.org](http://www.sd194.org)**

**COLUMBIA CENTRAL**  
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**PARKVIEW SCHOOL**  
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**EASTVIEW SCHOOL**  
3411 Hopkins Avenue  
Steger, Illinois 60475  
Phone: 708.754.4033  
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**SAUKVIEW SCHOOL**  
3341 Miller Avenue  
So. Chicago Heights,  
Illinois 60411  
Phone: 708.755.9600  
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For additional information on the Illinois Learning Standards and Descriptors visit the Illinois State Board of Education website at  
[www.isbe.state.il.us/ils/default.htm](http://www.isbe.state.il.us/ils/default.htm)  
or  
the Steger School District 194 website at  
[www.sd194.org](http://www.sd194.org)