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# PE/Health & Band Updates

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*1st Semester - 2022*

## Meet the Department



**Pictured from left to right: Chris Zack, Katherine Connelly, Scott Schau, Bernie Moore, Kristi Meade, Rob St. John**

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## Band/Music

Three staff members from NEIU have been giving monthly masterclasses to our students. All three staff members bring a high level of college experience that they are sharing with our students. Rick George (Ellie, Caden and Will George's father) is also volunteering time to work with our students - he's a former band director.

On Monday, December 12, 2022, professor Alex Kaminsky from Vandercook College of Music was on campus to work with our "Advanced Band" - it was a nice opportunity for our students to learn from an accomplished college professor.

The Winter Concert, on February 12, 2022, was a huge success. It was a collaborative event with poetry/short stories written by the Poetry Club. Thank you to everyone that attended the event.

On Monday, December 19, 2022, thirty four students traveled to the Midwest Band and Orchestra Clinic (the world's largest professional conferences for music education). It was a great experience for our students and they came away with a broader appreciation for music in general.

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## Health

Current Health students have just finished writing fitness programs for their personal goals. Many students earned their Adult and Pediatric CPR/AED certification from the American Red Cross.

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## Team Sports

Right now, they are working on the volleyball unit. Students are learning the skills needed to be successful on the court as well as the rules of the game. Game play has also started and students are playing some intense and fun games of volleyball.

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## Adapted PE

This past fall, the Adapted PE Class and LIFE Program took a field trip to Goebbert's Farm, with a total of 23 students in attendance. The day before the field trip, the class walked over to Marianos to purchase items to make lunches for the actual field trip day. Making lunches for everyone was an incredible team building activity that allowed the Adapted PE student leaders to do something special for the students in the class. The trip to the farm was a wonderful time for everyone! They got to go on wagon rides, a pumpkin patch, carousel rides, playgrounds, a corn maze, fun in the Corn Box and a special trip to Animal Land (and the homemade lunches.. of course). The students, teachers and the LIFE Aides all were fully engaged and enjoyed the afternoon creating lasting memories!



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## Group Fitness

The First Semester was a super active time in the Group Fitness classes! We are starting one of the more popular lifetime sports which is pickleball. Pickleball courts are being built all over especially at park districts, clubs and gyms since it has become the newest craze.

We also still focus on our group fitness workouts such as yoga, kickboxing, pilates, tabata, spin bikes, etc.

We also have our heart rate days once a week where students can help determine the intensity needed to have successful workouts. If you are curious about our different heart rate zones, you can look up the polar heart rate chart online which thoroughly explains each zone.

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## Strength Training

Students spent a great deal of time gearing up for the final portion of their yearly fitness testing. Students have already completed their mile run test and are now starting the testing phase for push-ups (upper body strength & endurance), curl-ups (core strength and endurance) and sit & reach (flexibility).

Students are utilizing their time in the weight room to work on their muscular strength and endurance by doing a combination of prescribed workouts as well as workouts of their choice (health club model). Students also spend about twenty five minutes of each class period working on their cardiovascular endurance on the indoor track. Some days, students are required to do the cardio circuit (interval running, rowers, spin bikes, treadmills, etc) that were set forth for them. On other days, students fulfill their cardio workout by utilizing any of the equipment they feel comfortable with on that specific day. Once a week, students utilize heart rate monitors to track their cardio workout and their working and resting heart rates.

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