

Telluride Mountain School

Physical Education/Dryland Training Curriculum and Guidelines

Program Mission: To provide a program that integrates the movements of mind and body while preparing students to excel in winter sports by improving strength and flexibility.

Phys. Ed. Description: This program will enhance the student's awareness of movement, while providing each student with the opportunity to develop inner calmness and strength. The results of this enhanced awareness and inner calmness will be a ever-increasing level of physical fitness and improved levels of self-confidence, self-discipline, self-respect and respect for others. Respect for others at all times will be required of each student who participates in this program.

Where we meet:

I will meet students in the Front Hall or on the Front Deck, which requires that students restrain from making noise until we are outside. As the cold temperatures approach we will begin using the Dance Academy for PE classes. Classes will be escorted to and from the Dance Academy. Please remember, if a recess is combined with PE we will meet at the beginning of recess and head straight over to the Studio.

Dance Academy Rules and Regs.

We will respect the opportunity to use the Dance Academy at all times. This means upholding the usual standard for Respect and Courtesy. This includes: No loud voices in the studio, No shoes in the studio, Enter and Exit the studio in an orderly fashion (No Running in or out), No Finger or Handprints on the mirrors, Students must ask to use the bathroom, and be polite to anyone you meet at or outside the studio.

What students will need to bring:

Proper attire for physical activity is required. See pg. 17 in your Student/Parent handbook.

- Shoes for particular activity, flat sole shoes are best for Chinese arts. i.e. running shoes and/or Skateboard style shoes. Do not show up for PE in sandals of any kind please.
- Correct outerwear i.e. Sweatshirt, Jacket, Hat, Gloves
- A quick change into shorts or sweatpants is recommended if you are wearing something unpractical for exercise, like a dress. (Better yet do not wear a dress if you know you have PE)
- A notebook or folder with dividers that can be labeled will help with organization for all charts, anatomy and healing arts handouts.

PE Class Expectations

Students are expected to practice exercises and maintain Daily Athletic Progress Charts.

- Come prepared and on time.
- Stay focused and do not waste time. This affects everyone.
- Do your best to follow me during an instructed lesson.
- Be kind and courteous at all times.
- Physical contact with fellow students is not permissible unless we are doing partner drills.

Do not bring:

Cell phones, I-Pods, Bad attitudes

PE Class Grading Procedure:

Effort and Participation	50%
Sportsmanship	30%
Daily charting	10%
Written Tests	10%

Keeping your Daily Chart filled out and practicing daily exercises is the homework for PE . It is best if you can get into a routine, so to fill out your charts and do your exercise at the same time each day.

What students will be learning:

This class is very broad in its description. Many areas of study will be covered in a very short amount of time. Because of this we must start promptly and stay focused. Random quizzes will be given covering Anatomy and Oriental studies. Training methods of this program is as follows:

Flexibility training of mind and body

- Yoga
- Tai-chi/Chi-Kung and Kung Fu exercises
- Breathing and Meditation studies
- Traditional stretching

Cardio and Strength training

- Distance Running, Sprinting drills, Jumping Rope
- Plyometrics (explosive strength training)
- Non-weight bearing strength exercise (Push-ups, sit-ups etc)
- Sport Specific Training

Academic elements

- Anatomy of bones and muscle
- Nutrition awareness
- Traditional arts education.
- Charting Athletic Progress

All activities will be integrated and they will compliment each other.

Guidelines for asking questions during class

Students are encouraged to ask questions during class if the question relates to the task at hand. General questions and personal stories should be saved for the end of class or come see me after school or call anytime. Waiting to ask a question can be very helpful in the journey of self-education. For example, many answers are available if the students takes a moment to pause, breathe deeply and look inward. If no answer appears, by all means ask the teacher. Students are encouraged to practice the exercises they have learned in class at home. This in itself will expand the students understanding of the material being presented

Behavior Procedures:

Each individual is expected to uphold the same level of respect for Teachers and fellow students alike. Disciplinary action is outlined in your parent/student handbook. Page 33

All of the existing Codes of Conduct of the Winter sports Program apply to the P.E and Dryland training programs.

Consequences for Misbehavior:

1. Verbal Warning
2. Time out from activity
3. Behavior Essay/ Parental Contact
4. Parental Contact/ Detention
5. Referral to Office

P.E. Exemptions:

If a student is ill or injured, **the Parent must provide the student with a written excuse for class exemption.** If we receive a note from a parent/guardian or a physician, the student will be excused for duration of illness or injury with no penalty to grade. If a student individually asks for exemption from class, the request may be honored but with penalty.

Utilities:

Access to water is available at the drinking fountain located next to the elevator, and bringing water to class is recommended. Carbonated drinks are not allowed and will be thrown away.

Guest Trainers:

Students will have the honor of learning from professionals from the athletic community of Colorado. Through these lectures and demonstrations, we will be expanding our knowledge base and we will apply what we learn to our curriculum.

Contact Information:

Feel free to contact Jason at the school. 728-1969 ext.14. I am accessible through e-mail that can be linked through the school website at www.telluridemtnschool.org

A message from the Coach:

“This is the first program of its kind in the USA. The integration of ancient philosophies and healing practices into a school environment is truly a unique opportunity for everyone involved. I will strive to share both knowledge and activities that are proven to produce tangible health benefits. Our goal at TMS is to encourage students to engage themselves in health conscious practices and to show them effective ways to do so. “

With honor and respect,
Jason Troth

Annual Lesson Plan Overview

Lower Classes 1st-4th

September

We will begin with learning basic Yoga/Chi Gung movements and discuss the basics of how and why we should stretch our bodies. Games with a team building focus will be a part of each lesson.

October

Continue with Yoga/Chi Gung lessons and introduce basic breathing and meditation techniques. Handouts defining terms and some traditional arts theory will be covered. Cardio/Strength conditioning will be increased with either running games, timed running or agility drills.

November

Continue with Yoga/Chi Gung and Cardio/Strength training and begin adding more winter sport specific exercises to our progressions. Begin Skiing and Snowboarding training and activities.

December, January, February, and March

Balance student contact time between on-snow activities, Yoga, traditional stretching, and Chi Gung exercise. Training focus will shift over to maintaining levels of attained Cardio and Strength.

April, May

After Spring break and Experiential Education we will return to studying our basic skills. We will again shift our focus from Skiing and Snowboarding back to general fitness progressions and some fun games.

June

We will celebrate the beginning of summer and the completion of another school year by taking a look at our accomplishments and assessing personal progress. For students who are ready and willing, we will outline an exercise maintenance practice for students to follow over the summer.

Upper Classes 5th-12th

September

Classroom discussions and lessons will comprise at least 50% of overall class time until foundation material is covered. We will begin with learning basic Yoga/Chi Gung movements and discuss the basics of how and why we should stretch our bodies. Handouts defining terms and discussions on traditional arts theory will be covered.

- Cardio/Strength conditioning will be increased with either running games, timed running or agility drills. Each lesson will be followed by either yoga or Chi Gung exercise and breathing exercises.
- Introduce Daily Athletic Progress Charts (APC's)
- Anatomy: Students will begin learning anatomy of the bones

October

Continue with Yoga/Chi Gung lessons and introduce basic breathing and meditation techniques. Increase Cardio/Strength training focus with Distance running, timed Sprint running, Plyometrics (strength building drills), and agility drills.

- Begin study of Anatomy of the bones.
- Begin using our APC's

November

Continue with Yoga/Chi Gung and Cardio/Strength training and begin adding more winter sport specific exercises to our progressions. Continue with same 50/50 split between academic and exercise time.

- Begin Skiing and Snowboarding training and activities.
- Add more sport specific exercises to our APC's,
- Begin Anatomy of muscles. (Students will learn the Name, Origin, Insertion and Action of each Muscle covered.)
- Review notebooks and APC's

December, January, February, and March

Balance student contact time between on-snow activities, traditional stretching, and Yoga/Chi Gung exercise. Training focus will shift over to maintaining attained levels of Cardio and Strength.

- Continue Anatomy of muscles
- Review notebooks and APC's

April, May

After Spring break and Experiential Education we will return to studying our basic skills. We will again shift our focus from Skiing and Snowboarding back to general fitness progressions and some fun games.

June

We will celebrate the beginning of summer and the completion of another school year by taking a look at our accomplishments and assessing personal progress. For students who are ready and willing, we will outline an exercise maintenance practice for students to follow over the summer.