



# **East Aurora High School New Course Proposal 2025-2026**



***EAST AURORA***  
***SCHOOL DISTRICT 131***

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# Tomcat Morning Prowl-Hybrid (Grades 11 and 12)

(.5 physical education credit per semester)

## Rationale:

The rationale for the development of this course is to offer students the opportunity to take the “Tomcat Morning Prowl - Hybrid” physical education class as an official name slotted in the zero hour period currently offered.

- This would allow for clarification and differentiate from the general course names offered to junior/seniors during the regular school day.
- This would allow students to understand what class and time they are choosing, as well as for counselors to better assist in the planning of courses for students.
- This allows students more options for physical education to keep them engaged, allow voice and choice that will best suit their interests and make them most successful.
- Geared towards increasing the students' heart rates for increased cognitive function throughout the students' academic day and general overall health and wellness.
- The use of Polar heart rate monitors and the Polar Flow application enhances cognitive engagement and contributes to improved mental well-being by decreasing symptoms of depression, anxiety, and stress, ultimately leading to a better quality of life.



# Tomcat Morning Prowl-Hybrid (Grades 11 and 12)

## Objectives

- Movement Skills
- Physical Activity (Psychomotor)
- Movement Concepts
- Fitness
- Cognitive Function
- Data Analysis
- Personal Responsibility

## Cost Proposal Overview:

Proposed Course	Approximate Cost	Funding Source
<b>Tomcat Morning Prowl</b>	No additional cost	Teaching & Learning
<b>Total:</b>	<b>\$0</b>	



