

IDPE 2019  
(InterDisciplinary Physical Education)

## PHYSICAL EDUCATION THROUGH MARCHING BAND

As graduation requirements have increased, so have the pressures for bands students to take desired electives. Students often need to make a difficult choice between band and other electives. Marching band requires additional time for summer rehearsals, Monday night rehearsals, games, parades, and the IHSMA Marching Band Festival.

There is no question that marching band is a highly physical activity. It requires a regiment of warm-ups, movements, there are additional physical challenges carrying the various instruments. Students perform complex maneuvers, in tempo, constantly changing directions, while expending a great deal of air to play their instruments. It is a whole body activity that includes all major muscle groups involved in large and small motor skills.

Beginning with summer 2004 rehearsal, students received P.E. credit for these efforts and the extra time spent in marching band. This common practice in many Iowa schools and numerous other states in the nation, and is particularly important as school districts increase the number of graduation requirements. This has allowed increased flexibility in a high school band student's schedule and has acknowledged the hard work and effort that this same student expends to create a top-notch marching unit.

Through IDPE students are able to free up four semesters for other elective classes, Luther classes, or improved study hall access. It has been beneficial to students who wish to participate in the fine arts as well as completing a rigorous class schedule.

How IDPE classes function:

- PE Activities
  - Activities based on the PE curriculum
  - Personal Fitness component
  - Graded on a pass/fail basis
- PE/Music Activities
  - Marching with a focus on conditioning, heart rate
  - Marching with a focus on marching style/body awareness/poise/glide step
  - Using pedometers to "track" fitness aspect related to fitness plan
  - Integration of cross-curricular areas to emphasize the connection between physical activity and music

### **IDPE Attendance/Assessment/Grading**

All assessments for marching will be completed by the music faculty.

All assessments for Physical Education activities will be completed by PE faculty.

Students will need to attend the required number of hours for IDPE. These include:

### **Music/Interdisciplinary Activities Requirement**

14 hours summer rehearsals in July (includes Nordic Fest)

6 hours band Camp Day

14 hours Monday Night Rehearsals

## **Physical Education Activities Requirement**

16 hours total includes Personal Fitness and Wellness (fitness cards, fitness room, mile run)

The format of IDPE classes vary each year. We have two PE teachers working with us this summer.

Sessions include a variety of individual and team sports. The first hour begins with a form of cardio followed by circuit or fitness training. The second hour will concentrate on flexibility and game/skill situations.

Previous activities have included:

Ultimate Frisbee, Bocce Ball, Tennis, Volleyball, Flag Football, Running, Hiking and Biking.

**You must attend the first day of the session you select** and will need to **complete a total of 16 hours** of class time (30 hours each session available to choose) during the PE session. You need to be an active participant for 16 total hours of class time to receive credit. Students must show up on time for class and stay the entire class period. You must actively participate to receive credit for being in the class. You should dress for physical activity! Any participation limitation should be excused by a doctor's note.

Fitness testing during the session is part of the requirement. This includes the mile run!

Students who do not complete the required PE hours during the summer sessions will be rescheduled into a PE class in the fall. Student who have questions about being gone during **summer band hours** should contact Mr. Bliven. **You must complete the required PE hours during the summer. You must communicate with your PE teacher regarding PE attendance issues.**

IDPE is a graded class (pass/fail), and attendance is important. You must have the required hours **in each area** (band and PE) for a passing grade. School Activities that happen on a rehearsal night/summer or Monday night/Fall (such as a football game, volleyball or cross country meet) are excused absences. Students who are tardy to summer/Monday night class will need to make-up the time. Failure to do so would result in a failing grade. Scheduling make-up time will be handled on an individual basis as needed. **Attendance is important!** Communication with Mr. Bliven is also important if changes in band schedule are needed.



**Optional Camps for the summer:**

**Central Iowa Color Guard Camp**

June 17-20

\$280 cost per student

Deadline: June 1

[www.centraliowacolorguard.com](http://www.centraliowacolorguard.com)

**Cyclone Percussion Academy**

June 14-15

\$75 cost per student

Deadline:

[http://www.music.iastate.edu/org/marching/?page\\_id=920](http://www.music.iastate.edu/org/marching/?page_id=920)

**Cyclone Color Guard Academy**

June 14-15

\$75 cost per student

Deadline:

[http://www.music.iastate.edu/org/marching/?page\\_id=1935](http://www.music.iastate.edu/org/marching/?page_id=1935)

**Dorian High School Music Camp**

June 16-22

\$515 cost per student

Deadline: June 7th

Kayla Scholl 563-387-1389 [schoka02@luther.edu](mailto:schoka02@luther.edu) (Camp Director)

<http://www.luther.edu/music/dorian/summer-camps/high-school/>

Dorian Scholarship website <http://www.luther.edu/music/dorian/summer-camps/high-school/scholarships/>

Please make sure if you attend one of these camps that you fill out and turn in the Scholarship Form from our Music Boosters. This form is available online at <http://www.decorahmusicboosters.com/scholarships/> or ask Mr. Bliven for one.