

## PHYSICAL EDUCATION

- Physical Education is a graduation requirement for all students. Introductory Physical Education is a specific graduation requirement and the prerequisite to every other physical education class.
- Students wishing to enroll in a specific physical education class for a second time must get approval from a Physical Education teacher before enrolling in the course.

### **Advanced Physical Education**

Course # 5302

1 trimester

Grade Level: 10 – 12

Prerequisites:

- 1) Completed two PE classes
- 2) B or better in all prior PE classes

Advanced Physical Education is designed for the highly competitive, highly motivated student. Sophomores, juniors and seniors who meet the above stated prerequisites can enroll in this class. Selected sports, strength training, running and swimming will be covered in this course. Students will be expected to participate on a daily basis. Attendance, effort and class participation will be critical.

### **Introductory Physical Education**

Course # 5101

1 trimester

Grade Level: 9 - 10

Prerequisite: None

This is a freshman level class that concentrates on some selected sports, swimming skills, and health. There is strong emphasis on physical fitness. All students will participate in weekly health activities with specific homework assignments. Sport units emphasize basic sport skills and strategies in addition to game play.

### **Lifetime Sports**

Course # 5201

1 trimester

Grade Level: 9 - 12

Prerequisite: Intro. Phys. Ed.

Lifetime Sports is designed for students that enjoy exercising in small groups. Students will participate in sports including swimming, badminton, disc golf, tennis, jogging, frisbee, pickleball, baggo, spikeball, wiffle ball, group games, and weight training. Students will be required to swim and jog once a week to improve aerobic conditioning.

### **Psychology of Adult Living**

Course # 5301

1 trimester

Grade Level: 11 - 12

Prerequisite: Intro. Phys. Ed.

Students will study themselves as developing young adults. The class will explore many aspects of the emerging adult, including the physical, mental, and social developments of adulthood. The class is designed to be a discussion class offered only to juniors and seniors. Emphasis will be placed on self-understanding and understanding of others through more effective communication skills, more information on adult concerns, and facing the new responsibilities associated with becoming an adult.

### **Safety Education**

Course # 5204

1 trimester

Grade Level: 9 - 12

Prerequisite: Intro. Phys. Ed.

Safety Education consists of four basic units: healthy lifestyles and personal safety, basic swimming skills and water safety, first aid, and cardiopulmonary resuscitation. You can earn your Red Cross certification in first aid and CPR. This class is taught in the classroom three days a week, pool, and gymnasium.

**Sports Officiating and Coaching**

1 trimester

Grade Level: 9-12

Prerequisite: Intro. Phys. Ed.

Sports coaching and officiating is designed to teach students the principles of coaching and officiating/refereeing/umpiring. Six weeks of the course are dedicated to learning how to coach. The other six weeks are focused on officiating. It should be known to students interested in taking this class that 10 hours of coaching or officiating outside of the classroom is required.

**Strength and Conditioning**

1 trimester

Grade Level: 9 - 12

Prerequisite: Intro. Phys. Ed.

Proper technique and theory of weight training will be taught. Cardiovascular conditioning will include aerobics, running, swimming and conditioning activities. The majority of class time will be spent training in the weight room and completing compound movements including squat, bench press, deadlift, and overhead press.

**Team Sports**

1 trimester

Grade Level: 9 - 12

Prerequisite: Intro. Phys. Ed.

Team sports is designed for students that enjoy exercising in large groups. Students will participate in sports and activities including swimming, basketball, soccer, volleyball, touch football, floor hockey, softball, jogging, and weight training. Students will be required to swim and jog once a week to improve aerobic conditioning.