PHYSICAL EDUCATION

* Course descriptions that are shaded are not being offered.
* Physical Education is a graduation requirement of 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 P.E. teacher approval before enrolling in the course.

**Individual Sports** 1 trimester Grade Level: 9 - 12

Course # 5201 Prerequisite: Intro. Phys. Ed.

Individual Sports is designed for students that enjoy exercising in small groups. Students will participate in sports including badminton, disc golf, jogging, frisbee, pickleball, archery, baggo, paddleton and weight training. Students will be required to swim and jog once a week to improve aerobic conditioning.

**Introductory Physical Education** 1 trimester Grade Level: 9 - 10

Course # 5101 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.

**Safety Education** 1 trimester Grade Level: 9 - 12

Course # 5204 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.

 **Strength and Conditioning** 1 trimester Grade Level: 9 - 12

Course # 5205 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.

**Team Sports** 1 trimester Grade Level: 9 - 12

Course # 5208 Prerequisite: Intro. Phys. Ed.

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

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