

## **General Physical Education/Health Information**

Three and one-half years of physical education is required of all students. All freshmen will also be enrolled in one semester of health.

Weekly routine includes 3 days per week of fitness and sports activity, weight training, classroom activity, or recreational activity. The remaining 2 days, students will be involved in a fitness-related activity designed to improve levels of personal fitness. Fitness testing will be done 3-4 times per year. If outside activities (i.e. bowling) are offered, a fee may be charged.

Physical activity can be modified for those students unable to fully participate for medical reasons. Written instructions from a doctor must be submitted specifying activity limitations.

### **Health**

REQUIRED 9, 1 SEMESTER, ½ CREDIT

Health education is a wellness-based class giving students an opportunity to develop life-long, healthy habits. Students will learn problem-solving and critical thinking skills and will be given fact-based information to help them develop healthy behaviors. Topics include: Wellness; Communicable, non-communicable diseases and medicines; Digestion and nutrition; Drug, Alcohol, and Tobacco issues, Reproductive system, and Abstinence education.

### **Physical Education 1**

REQUIRED 9, 1 SEMESTER, ½ CREDIT

PE 1 is designed to teach students the foundation skills for physical fitness. PE 1 is designed to teach basic skill techniques and to encourage participation in various team and individual sports. This course also includes classroom instruction. Students will apply fitness principles to sports and their own lifestyle. Students should expect to spend 1-2 hours per week on homework outside of class.

### **Physical Education II**

ELECTIVE 10, 1 YEAR, 1 CREDIT

This class is designed to give sophomore students the opportunity to participate in an organized program of team and individual sports. Each activity unit will last approximately 4 weeks. The class will include knowledge, skill development, rules and safety procedures appropriate to a variety of sports, lifetime and fitness activities. There are also classroom activities. This course also includes classroom instruction. Students will apply fitness principles to sports and their own lifestyle. Students should expect to spend 1-2 hours per week on homework outside of class.

### **Physical Education III and IV**

ELECTIVE 11-12, 1 YEAR, 1 CREDIT

Junior and senior students will be given the opportunity to participate in various team and individual sports. The team sports include activities such as flag football, basketball, volleyball, soccer, tseg ball and floor hockey. The individual sports include archery, tennis, team-building, snowshoeing, golf and badminton. There will also be a classroom component. Every senior will complete a senior fitness plan.

### **Fit for Life**

ELECTIVE 10-12, 1 YEAR, 1 CREDIT

PREREQUISITE: "C" OR ABOVE IN PHYSICAL EDUCATION OR CURRENT TEACHER RECOMMENDATION

This is a wellness-based physical education class giving students an opportunity to improve their level of personal fitness and develop responsibility for their lifestyle choices. Students will design and implement a personal wellness plan including all elements of fitness and nutrition. This is a fitness class incorporating cardiovascular and strength training activities. There are also classroom activities.

### **Physical Best**

ELECTIVE 10-12, 1 YEAR, 1 CREDIT

PREREQUISITE: "C" OR ABOVE IN PHYSICAL EDUCATION OR CURRENT TEACHER RECOMMENDATION

Physical Best class is designed to meet the needs of our school's ADVANCED physical education students. The class will provide a structured environment to allow students to concentrate on improving their overall fitness. This class will provide an advanced level of strength, endurance, plyometrics, and jump rope training, along with education in other fitness and nutrition principles. This course also includes classroom instruction. Students will apply fitness principles to sports and their own lifestyle.