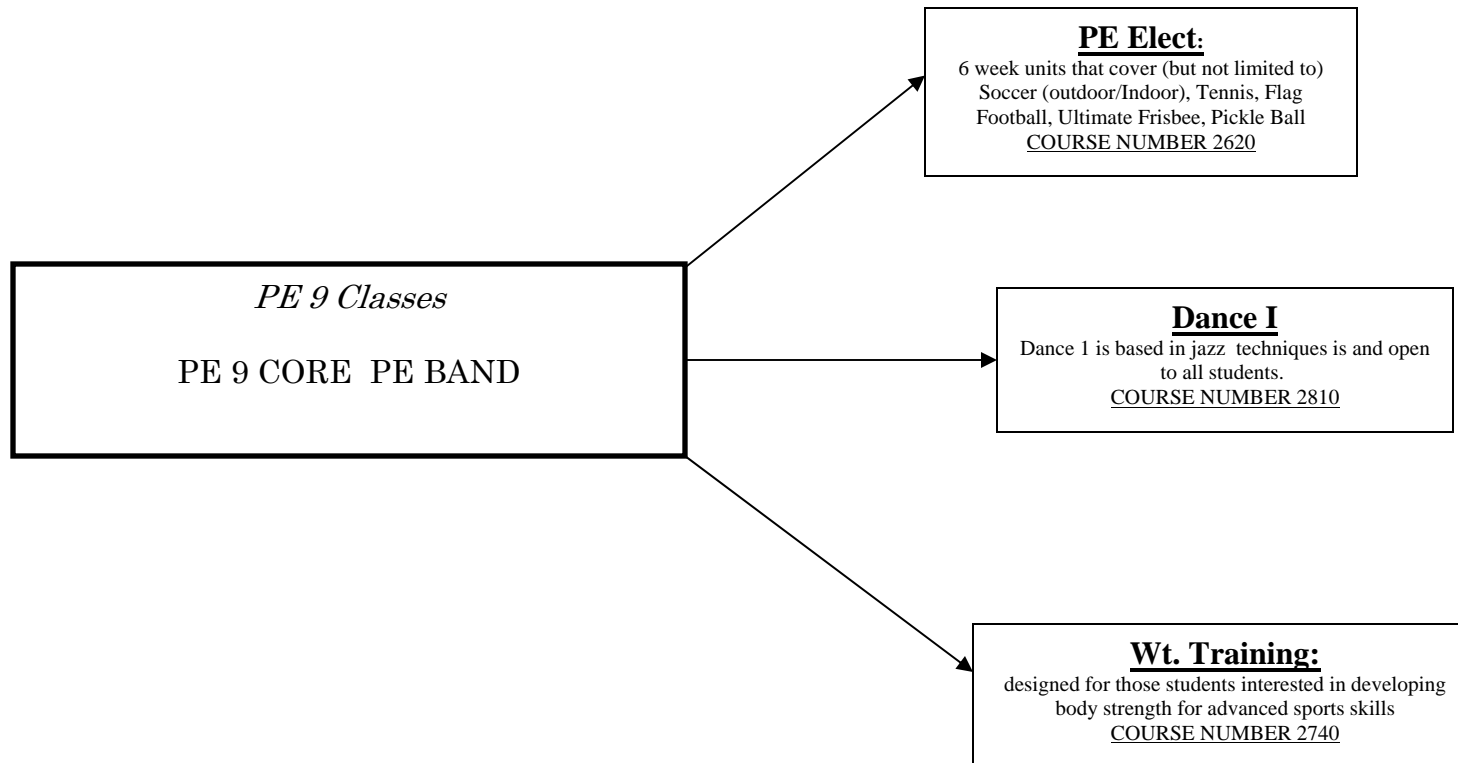


### Monta Vista Physical Education

Our goal is to prepare our students for life in our society. Our objectives are to give the students information and basic skills they will need for survival and longevity. We expect our students to go away with an understanding of and a positive attitude towards physical fitness and wellness. Our two years of required Physical Education (PE) are divided into two programs—PE 9 core and PE 10 electives\*. The unit activities are instruction oriented and of two types—survival and carry-over life time activities.



Students who are in an after school sport *may* earn physical education credit for graduation. There are no letter grades only Pass/Fail. Students who do not complete the season (injuries, cut from the team, or quit for any reason) will not receive credit. \*\*

\*\*The physical education department strongly encourages all incoming sophomores to take a PE course (Elect, Dance, Weight Training) to ensure credit for graduation is obtained without any confusion

**DANCE I Course ID: 2810**

- ❑ Increases Flexibility
- ❑ Perform in Dance Showcase
- ❑ Choreography your own dances
- ❑ Hip Hop, Jazz, Choreography, Lyrical Units
- ❑ Weekly Yoga and Pilates class
- ❑ If you like to move to music, this is your class!

**WT TRAINING Course ID: 2740**

- ❑ Individualized strength programs
- ❑ Stationary Bikes to increase stamina
- ❑ Weekly cardio work (running or team sport)
- ❑ If you want to increase strength and get in shape, this is your class!

**PE ELECT Course ID: 2620**

- ❑ Team oriented class
- ❑ Variety of sports that change each year (Basketball, Volleyball, Tennis, Rugby, Flag Football, Soccer)
- ❑ Increase stamina with weekly running routes off campus
- ❑ If you like sports, this is your class!

Why Take PE?

Students that participate in physical education for one hour per day *earn better grades* in French, math, English and science! (Shephard, 1996)

A study in Massachusetts showed that students that received 56 or more hours of physical education per school year *scored significantly higher on standardized tests* in English and Language Arts! (Tremarche, 2007)

Data analyzed from nearly 12,000 high school students found that individuals participating in school-based physical activities or playing sports were 20% more likely than their sedentary peers to earn an A in math or English. (Nelson, 2006)