

PHYSICAL EDUCATION DEPARTMENT

Physical fitness and wise use of leisure time are two good reasons to take Physical Education. We urge each student to try to work Physical Education into his or her schedule at a time when you are not out for a varsity sport, if possible. No student may take more than one Physical Education class per term. Participation will determine the grade for each course. Careers related to Physical Education include coaching, teaching, recreational leadership, recreation and park management, physical therapist, recreational therapist. etc. Also, conditioning and weight lifting programs are becoming very popular for off-season athletes; many students are also using aerobics for fitness and muscle toning in their lives.

REQUIRED COURSES:

GRADE 9	GRADE 10	GRADE 11	GRADE 12
Physical Education 9	General Phys Ed (or 11) Health 10	General Phys Ed	

ELECTIVE COURSES:

Drivers Education	Drivers Education Weight Lifting 101	Basic Officiating IDLS Fitness for Women Racquet Sports Team Sports History of Dance History of Dance II Strength Training I, II, III, IV, V, VI Ath Trng/Health Careers	Basic Officiating IDLS Fitness for Women Racquet Sports Team Sports History of Dance History of Dance II Strength Training I, II, III, IV, V, VI Ath Trng/Health Careers
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800 **Physical Education 9**

801 2 terms 1/2 credit

Pre: None

Grade Level: 9 REQUIRED

Course Summary: The goals of Physical Education 9 are to teach, promote, encourage and model the importance of physical activity in order to maintain a life-long appreciation for one's personal health and fitness. The following three standards are the expected outcomes for physical education 9; 1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities, 2. Participate daily in physical activity, 3. Exhibit appropriate personal and social behaviors that show respect for one's self and others in physical activity settings. Each student is required to complete the physical fitness testing outlined in the Physical Education S.M.A.R.T. Goals.

Clothing: T-shirts, activity shorts and proper footwear-athletic shoe, cross-training shoe and light jacket or sweatshirt for outdoors. **Swimwear:** girls are recommended to have a one-piece suit, although not mandatory. Boys cannot wear competitive racing trunks. Swim unit must be completed (unless a medical condition exists which keeps the student from entering pool). A doctor's note must be provided.

*Bowling fees anticipated to be \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

802 **Health 10**

2 terms 1/2 credit

Pre: None

Grade Level: 10 REQUIRED

Course Summary: This course is designed to improve awareness of one's physical, mental emotional and social wellbeing. Students will learn about drugs, alcohol, tobacco, mental health, communicable/non communicable diseases, human sexuality, nutrition, and CPR.

[top](#)

811 Fitness for Women

1 term 1/4 credit

Pre: PE 9 and Gen Phy Ed

Grade Level: 11 – 12

Course Summary: This class will focus on muscle toning, fat burning and body sculpting. From cardio and hip hop, abs to yoga and Pilates, you will learn a variety of ways to sculpt and tone your body. This class is geared more towards muscle and cardio endurance. This is not strictly a lifting class. Student, with guidance, will implement a weekly workout plan that is self-driven.

Depending on term, we will go bowling *Bowling fees anticipated to be \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

[top](#)

813 Racquet Sports

1 term 1/4 credit

Pre: PE 9 & Gen. Phys Ed

Grade Level: 11 - 12

Course Summary: Racquet sports include the lifetime sports of badminton, tennis, table tennis and pickle ball. This class provides an opportunity to exercise daily and improve individual skills, as well as competition in class tournaments. Students can take this class for credit one time only. Students will be required to change into P.E. clothes daily, and be prepared with outdoor P.E. clothing.

814 History of Dance

1 term 1/4 credit

Pre: Gen Phy Ed

Grade Level: 11-12

Course Summary: The purpose of this class is to give the students an opportunity to explore the history of movement through dance. We will emphasize how dance and movement has changed throughout history. Starting with Modern Ball Room Dances such as the Waltz, Tango, Cha-Cha, Rumba, Swing, Lindy, Foxtrot and/or Line Dance and the Polka will be the emphasis how dance movement will be taught. A dance recital will take place at the end of the term.

814A History of Dance II

1 term 1/4 credit

Pre: History of Dance

Grade Level: 11- 12

Course Summary: In this ballroom dance class you will continue to polish the dances that you learned in History of Dance I. From the Swing to Tango to the Waltz, you and your partner will learn a few advanced moves and if you choose, choreograph your own routine. An emphasis will be placed on style, form and posture.

815 Team Sports

1 term 1/4 credit

Pre: PE 9 & Gen. Phys Ed

Grade Level: 11 – 12

Course Summary: This class is for students who enjoy competition in sports such as slow pitch softball, flag football, volleyball, basketball, soccer, bowling, team handball, floor hockey and indoor soccer.~ This class provides a good opportunity to understand the value of working together as a team as well as an appreciation for lifelong participation in physical activity. Students will be expected to pay for their own bowling fees, and required to change into P.E. clothes daily, and be prepared with outdoor P.E. clothing. Students can take this class one time only.

*Bowling fees \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

816	Personal Fitness	1 term (1st)	1/4 credit
817	Personal Fitness	1 term (2nd)	1/4 credit
818	Personal Fitness	1 term (3rd)	1/4 credit
819	Personal Fitness	1 term (4th)	1/4 credit
820	Personal Fitness	1 term (5th)	1/4 credit
821	Personal Fitness	1 term (6th)	1/4 credit

Pre: PE 9 & Gen. Phys Ed.

Grade Level: 11 – 12

Course Summary: This class will provide students with the opportunity to develop a greater understanding of strength development, conditioning aspects, flexibility routines and nutritional habits and learn vocabulary related to strength and conditioning. Students will be expected to participate in and maintain an organized strength program and to **participate in activities** designed to improve their overall health status. Once registered, classes may be divided into beginner and advanced sections.

Limit of 24 students in each sections – may only be taken 4 times per year.

**Note; All in-season athletes wanting to take this class should talk to their athletic coaches first!*

822A Weight Lifting 101 (Introduction to Personal Fitness) Fall term

822F Weight Lifting 101 Spring Term

1 term 1/4 credit

Pre: PE 9

Grade Level: 10

Course Summary: This sophomore level class is designed to teach proper lifting techniques and introduce students to the fundamentals of functional strength. One's self esteem, self-confidence, mental discipline, performance and coordination can all be expected to improve as a result of strength and conditioning training.

[top](#)