

PHYSICAL EDUCATION

Wisconsin Statute 121.02 states all students must complete 1.5 credits of Physical Education to graduate. Wisconsin DPI Standard P states that Physical Education must be taken in three separate years. If students wish to take a full year of Physical Education, they may count the additional .5 credit as an elective. We encourage students to stay active by taking both semesters of Physical Education, but only .5 credits may count toward the 1.5 required for graduation.

SUMMER PHYSICAL EDUCATION

Prerequisite: None

Grades: 9, 10, 11, 12

Summer/.5 credit

If you want to get in shape, be motivated to improve your physical and mental self, have fun with other students but don't necessarily want to take the sports/work out summer school classes **and** receive a PE credit, this is the class for you. This course is purely a participation class, there will be no homework or tests. If you enjoy participating in activities without worrying about completing school work on time, this class is up your alley. The course will be based around the following activities: outdoor education and fitness. Activities may include hiking, biking, swimming, weight training, bowling, running, core exercises, and fitness testing. The class will meet at places other than Bay Port. Students and parents must be able to arrange rides to other locations on their own. This is a participation course, absences must be kept at a minimum. Yet, we will be understanding that the summer is the chance for families to go on vacations and have much needed family time. We will try to strike a balance with attendance, grades, and absences. Which means if you have taken the class in the past our attendance and make up policy will change. This course will follow the summer school schedule. A schedule will be emailed out prior to the start of class to help you with transportation to the different locations for the course. If there are changes to the schedule, parents and students will be notified prior to the beginning of the course via email. Please provide an email address that you check often and make sure of its accuracy so important information can be sent to you.

Requirements for this course include a bike and bike helmet.

Lead contact for Summer Physical Education: Ryan Eiler

Phone: 920-662-7269 Email: ryaneile@hssdschools.org

ONLINE SUMMER PHYSICAL EDUCATION

Prerequisite: None

Grades: 9, 10, 11, 12

Summer/.5 credit

Physical Education is part of a student's overall well-rounded education. Learning the movement competency is taught through Physical Education. How to move in a safe, efficient and productive way. In a traditional classroom the teacher would be leading the learning of this competency. Modeling and evaluating each student's progress. Since this is an online course the student will need to take on more of that responsibility, demonstrating mastery of movement skills. This class will meet via zoom weekly. Assignments will be assigned that will be due within the week. There are a total of 20 assignments; some require accessing different sports equipment. Some assignments the students will be required to learn specific movements, evaluating pre and post movements, demonstrating growth by video recording and journaling. Other assignments will require students to learn physical fitness components, goal setting, and weight/workout training components. Weekly activity log submissions for the course will also be required. It will be vital that students stay on task and complete school work weekly as the assignments build off of each other. If a student did well with online learning in the past this class could be beneficial. If you struggled with online learning please sign up for the in person summer PE course. Before you sign up please read the questions below and answer them honestly.

Questions to ask to determine whether you will be successful with online learning

1. Are you involved and active as a learner within your current courses?
2. Are you highly motivated and disciplined with assignments and deadlines?
3. Do you often check Schoology for course calendar updates and assignments?
4. Do you often check your email?
5. In the past, have you posted required comments and responses to a discussion board?
6. Do you manage your time well?
7. Are you able to follow deadlines or a pace chart that you check several times a week?
8. Are you comfortable reaching out to your teachers to ask for help?
9. Are you effective with problem-solving technology?
10. Do you hope to gain skills in the areas mentioned in this list?

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5011 FRESHMAN PHYSICAL EDUCATION

Prerequisite: None

Grade: 9

Semester/.5 credit

This course specializes on developing and improving fundamental skills, game skills, rules, and game techniques in team and individual activities. Safety, courtesy, and strategies will also be taught. Activities could include: aerobics, archery, basketball, badminton, conditioning, fitness testing, flag football, floor hockey, pickle ball, soccer, softball, speedball, tennis, volleyball, weight training, and yoga.

Students will also participate in Wellness Day activities on Tuesdays and Thursdays. Wellness Days are beneficial in improving the student's cardiovascular endurance, muscular strength, and flexibility.

***** Freshman Physical Education is recommended for all 9th grade students.**

5025 **PE INDIVIDUAL SPORTS**
Prerequisite: Freshman Physical Education
Grades: 10, 11, 12
Semester/.5 credit

This course is designed for students who enjoy competition as individuals or with a partner. Course offerings may include: archery, badminton, frisbee golf, golf, pickle ball, tennis, etc. Students will also participate in Wellness Day activities on Tuesdays and Thursdays. Wellness Days are beneficial in improving the student's cardiovascular endurance, muscular strength, and flexibility.

5035 **PE TEAM SPORTS**
Prerequisite: Freshman Physical Education
Grades: 10, 11, 12
Semester/.5 credit

This course is designed for the seriously competitive student interested in team sport competition. Students will also develop an understanding of skills and strategies involved in team sports. Course offerings may include: basketball, football, hockey, soccer, softball, team handball, lacrosse, volleyball, ultimate Frisbee etc... Students will also participate in Wellness Day activities on Tuesdays and Thursdays. Wellness Days are beneficial in improving the student's cardiovascular endurance, muscular strength, and flexibility.

5036 **PE TEAM / INDIVIDUAL COMBO SPORTS**
Prerequisite: Freshman Physical Education
Grades: 10, 11, 12
Semester/.5 credit

This course is designed for the competitive student interested in team and individual sports. Students will develop an understanding of skills and strategies involved in team and individual sports. Course offerings may include: archery, badminton, pickleball, tennis, basketball, football, hockey, soccer, softball, team handball, volleyball. Students will also participate in Wellness Day activities on Tuesdays and Thursdays. Wellness Days are beneficial in improving the student's cardiovascular endurance, muscular strength, and flexibility.

5065 **PE PERSONAL FITNESS AND CONDITIONING**
Prerequisite: None
Grades: 9, 10, 11, 12
Semester/.5 credit

Students will be given the opportunity to improve their cardiovascular and muscular endurance through aerobic activities such as: tae bo, pilates, yoga, campus jog, speed walk, biking, etc... Students will participate in 3 days of aerobic activities and 2 days of strength training.

5088 **PE ADVANCED STRENGTH TRAINING**
Prerequisite:None
Grades: 9, 10, 11, 12
Semester/.5 credit

This class is for the highly-motivated student who really want to improve their strength, speed and cardiovascular endurance. Classes will Weight Train 3-4 days per week and perform agility drills, plyometrics, cardio workouts, functional fitness, and many other activities to improve their athletic performance.

5023 **PE ADVANCED ATHLETIC PERFORMANCE FOR FEMALES**

Prerequisite: None

Grades: 9, 10, 11, 12

Semester/.5 credit

This class is for the highly-motivated FEMALE student athlete who really want to improve their strength, speed, explosive power and injury prevention. Classes will Weight Train 3 days per week and perform agility drills, plyometrics, cardio workouts, functional fitness, and many other activities to improve their athletic performance. Applicable to all female sports. Varsity athletes are encouraged to enroll.