



PHYSICAL EDUCATION DEPARTMENT

The Physical Education Department promotes the total wellness of the individual: physical, mental, emotional, social, and spiritual. This is achieved through studying the concepts and choices needed to make responsible decisions and live a healthy lifestyle. Students are provided with opportunities to discuss wellness related topics and participate in group and individual physical activities in a relaxed atmosphere. Emphasis is always placed on physical fitness, safety, leadership, healthy decision making, and sportsmanship.

#P10A Physical Education 9 **0.5 Credit Level***

This course introduces the student to various physical activities. These activities are organized in a relaxed atmosphere with a focus on skill acquisition and teamwork in an individual, partner, or team setting. The course includes units on team building/cooperation activities, ultimate frisbee, soccer, wiffle ball, floor hockey, team handball, basketball, and weight room training.

#P20A Physical Education 10 **0.5 Credit Level***

This course builds on the individual skills focused on in the previous year and applies them to more advanced settings. Students will develop their leadership and cognitive skills in the realm of sport and physical activity. They will dive deeper into offensive and defensive strategy, tournament scoring, problem solving, activity communication, and personal fitness goals and planning. Activities will include ultimate frisbee, soccer, wiffle ball, floor hockey, team handball, basketball, and weight room training.