

PE Courses for 2022-23

Students must earn 1.0 credit of PE for graduation and may take any two PE courses.
(Health does NOT count toward the 1.0 PE graduation requirement.)

| Course # | Course Title | Grade level | Activities, curriculum, purpose, objectives, etc |
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| 8032 (Boys) 8034 (Girls) | Physical Education Concepts | 9-12 | <p>Introductory course. Encouraged for 9th and 10th graders. Separate girls' and boys' classes. Skill development and team activities, but in a non-competitive setting.</p> <p>Activities vary, but may include football, basketball, softball, fitness, tennis, pickleball, ultimate frisbee, and aquatics such as water polo and swimming.</p> |
| 8467 | Individual Fitness | 9-12 | <p>Individual fitness plan is developed for each student.</p> <p>Possible activities for individuals to perform as a group include yoga, HIIT training, etc. (Students will not be expected to swim or do other pool activities in this class.)</p> |
| 8160 | Dual and Individual Sports | 9-12 | <p>Non-competitive, recreational class.</p> <p>Activities vary each semester, but may include badminton, pickleball, tennis, volleyball, swimming, frisbee (Note: golf and bowling are <i>not</i> offered every semester and would incur additional \$ fees when offered.)</p> |
| 8230 | Team Games | 10-12 only | <p>Competitive sports vary each semester, but possible activities may include football, basketball, ultimate frisbee, water polo, volleyball, pickleball, softball, etc.</p> |
| 8256 | Coed Weights | 9-12 | <p>Basic weight training concepts include learning certain lifts (such as bench, squat, power clean), along with fitness-related activities to help your endurance and strengthen your core.</p> |
| 8257 | Girls Weights | 9-12 | <p>Basic weight training concepts include learning certain lifts (such as bench, squat, power clean), along with fitness related activities to help your endurance and strengthen your core. Girls should not be concerned about bulking up (large muscular</p> |

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| | | | development is not the goal). |
| 8260 | Boys Advanced Weights -Prerequisite is Weights | 9*-12 | Builds on basic weight training concepts (lifts such as bench, squat, power clean), along with fitness-related activities to help your endurance and strengthen your core. Students will be pushed to their limit, to achieve gains and reach new levels of strength. They will be expected to increase their weight maxes, and will be graded accordingly. *9th graders may request Fall Weights and Spring Adv Weights on their enrollment card. They will be enrolled in regular Weights for both semesters and will need to have a coach email their counselor with approval prior to the end of fall semester in order to be switched into Spring Advanced Weights. |
| 8260 | Girls Advanced Weights -Prerequisite is Coed Weights or Girls Weights | 9*-12 | Builds on basic weight training concepts (lifts such as bench, squat, power clean), along with fitness-related activities to help your endurance and strengthen your core. Students will be pushed to their limit, to achieve gains, and reach new levels of strength. They will be expected to increase their weight maxes, and will be graded accordingly, but this course is not designed to bulk up, but rather enhance athletic performance. |
| ES8165 Online class in summer or outside the school day only | eSchool Fitness for Life 1 | 9-12 | **May only be taken <u>outside the school day</u>, through eSchool (\$180). Personal fitness assessments encourage students to design fitness programs to meet their individual fitness goals. Includes both online written work and real-world physical exercise (students must maintain a fitness log). Topics may include safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management. *This course does not meet NCAA eligibility requirements and is not repeatable for credit. |
| ES8166 Online class in summer or outside the school day only | eSchool Fitness for Life 2 | 9-12 | **May only be taken <u>outside the school day</u>, through eSchool (\$180). **Must take eSchool Fitness for Life 1 first. This course provides students with more opportunities to explore and apply fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, impact of sports and exercise on fitness, leadership skills, and stress management. This course equips students to assess individual fitness levels and refine their fitness plans to meet their individual fitness goals. Students will incorporate activities into their fitness plan to support cardiovascular health, muscular strength; endurance, and flexibility. There is an emphasis on the importance of exercise and nutrition to promote life-long fitness. *This course does not meet NCAA eligibility requirements and is not repeatable for credit. |