

PHYSICAL EDUCATION

21000 Foundations of Physical Education

Grade(s): 9-12

Credit: .5 per semester

Term(s): 1 or 2

Also available through AEO

This course will enable students to fulfill their High School Physical Education .5 credit requirement in a traditional physical education class setting. Students will obtain physical skills and knowledge to achieve a health-enhancing level of physical activity for fitness activities, team sports, individual sports, games, lifetime activities and dance. Participation in physical activity is emphasized.

21100 Personal Fitness 1

Grade(s): 9-12

Credit: .5 per semester

Term(s): 1 or 2

Also available through AEO

This course will enable students to fulfill their High School Physical Education .5 requirement in a fitness center, gym, and outdoor setting. Students will obtain physical skills and knowledge to achieve a health-enhancing level of physical activity focusing on improving or maintaining fitness. Students will create and implement a fitness plan using individual assessment of cardiovascular endurance, muscular endurance, flexibility and strength. Participation in physical activity is emphasized.

211500 Unified Physical Education

Grades: 9-12

Credit: .5 per semester

Term(s): 1 or 2

This physical education course combines students of all abilities to participate in developmentally appropriate activities including lifetime activities, physical fitness, and sport. Students will work together to increase competence and confidence in a variety of physical activities. Through ongoing leadership opportunities, members of this course will be empowered to help create a more inclusive and accepting school environment for all students.

Aligned to State and National Standards, outcomes for all students include:

- Increased physical fitness and activity-specific skills
- New friendships and social inclusion fostered among classmates
- Reinforced positive habits and reasoning resulting in better health & lifestyle choices
- Advanced social and leadership competencies
- Deeper understanding of activity/game/sport rules and strategies
- Movement confidence and competence developed in a variety of physical activities/activity settings.