

Inglemoor High School PE Courses



HEALTH

Students will:

- Focus on total well-being: mental, physical, social.
- Gain the knowledge and behaviors essential to increase your quality of life and wellness now as well as invest in your future health.
- Learn about nutrition and exercise, substance abuse prevention, managing emotions and stress, handling crisis, decreasing your risk for heart disease and cancer, using proper CPR techniques, and human sexuality.

The goal is to help students understand the choices they make every day; the benefits and consequences each choice has on their health and wellness now and in the future.

Students are **REQUIRED** to take one semester of Health to meet a portion of their Physical Education graduation requirement.

LIFE FITNESS (STRENGTH AND CONDITIONING)

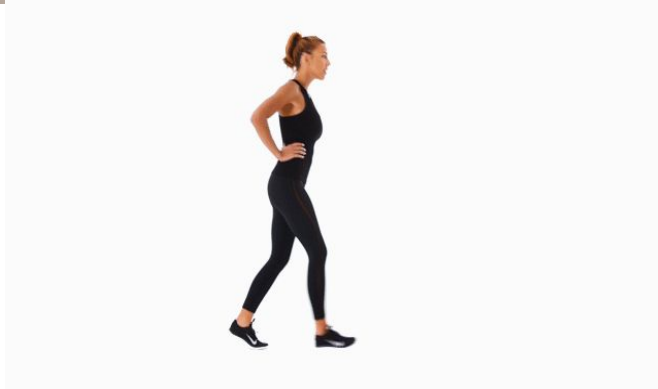
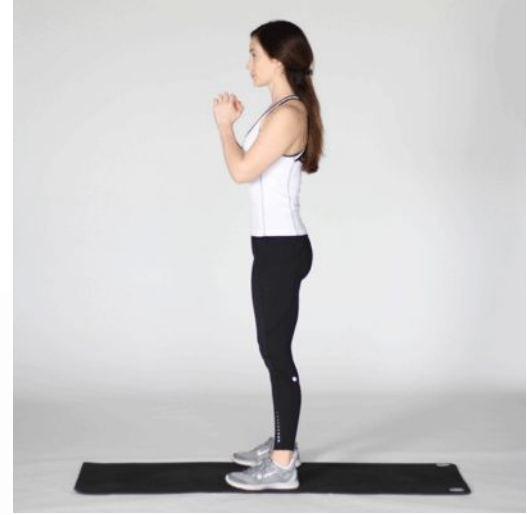
Students will:

- Engage in **PRACTICAL** activities where they develop skills that can be used for the remainder of their life!!!
- Learn about the importance of maintaining fitness throughout their life.
- Practice resistance conditioning, plyometrics, and cardiovascular training.

Students are **REQUIRED** to take one semester of Life Fitness to meet a portion of their Physical Education graduation requirement.

LIFE FITNESS (STRENGTH AND CONDITIONING)

Examples of exercises include:



LIFE FITNESS (WALKING)

Students will:

- Engage in **PRACTICAL** activities where they develop skills that can be used for the remainder of their life!!!
- Learn about the importance of maintaining fitness throughout their life.
- Walk a variety of routes to develop muscular strength and endurance as well as cardiovascular improvement.

Students are **REQUIRED** to take one semester of Life Fitness to meet a portion of their Physical Education graduation requirement.

LIFE FITNESS (WALKING)



STRENGTH AND FITNESS

Students will:

- Practice proper lifting techniques and conditioning.
- Learn the proper techniques of Olympic style weight training
 - i.e. bench press, back squat, deadlift, and power cleans
- Focus on safe form and technique regarding strength training, along with a variety of auxiliary lifts for overall strength, fitness, and conditioning.

**Students are highly recommended to take one semester of Life Fitness (Strength and Conditioning) prior to Strength and Fitness.

STRENGTH AND FITNESS



ADVANCED STRENGTH AND FITNESS

- This class is for the student who desires a strength and conditioning program tailored to a specific active need/ sport.
- Students will develop individualized workout plans.
- Students must be very self-motivated and prepared for very intensive training.

Advanced Strength and Fitness qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

*Students are highly recommended to take Strength and Fitness prior to Advanced Strength and Fitness.

RACKET SPORTS

Students will:

- Learn and practice basic skills, rules, and strategies for badminton, pickleball and tennis.

All physical education classes participate in a department directed cardio activity during block days.

Racket Sports qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

RACKET SPORTS



TEAM SPORTS

Students will:

- Participate in and improve their skills in a wide variety of team sports.
 - Activities may include basketball, flag football, soccer, team handball, ultimate frisbee, and volleyball.

Curriculum will vary depending on the time of year and availability of facilities. All physical education classes participate in a department directed cardio activity during block days.

Team Sports qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

TEAM SPORTS



WALKING

Students will:

- Be out on daily walks or alternative activity depending on weather.
- Log activity.

This class is for students who prefer a low-impact exercise program who like to walk and talk.

All physical education classes participate in a department directed cardio activity during block days.

Walking qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

YOGA/ PILATES

Students will:

- Improve their muscular strength, endurance, and flexibility through yoga and Pilates practice.
- Learn many basic postures, learn about the different styles of each practice and will eventually be asked to create their own routine to share with the class.
- Make individual goals for their progress throughout the semester.

All physical education classes participate in a department directed cardio activity during block days.

Yoga/ Pilates qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

YOGA/ PILATES



AEROBICS

This course is designed to motivate and teach students about aerobic and anaerobic movement as a method of achieving personal health and fitness.

Students will:

- Increase their fitness levels and have fun!
- Improve cardiovascular fitness, muscle strength, muscular endurance, flexibility and body composition.
- Engage in a variety of exercises including cardiovascular interval training, stability ball work, and other body weight exclusive activities.

All physical education classes participate in a department directed cardio activity during block days.

Aerobics qualifies as 0.5 credits to meet a portion of their Physical Education graduation requirement.

AEROBICS

