

PHYSICAL EDUCATION

21000 Foundations of Physical Education

Grade(s): 9-12 **Credit:** .5 per semester **Term(s):** 1 or 2

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

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.

211600 Personal Fitness 2

Prerequisite: Personal Fitness 1

Grade(s): 10-12 **Credit:** .5 per semester **Term(s):** 1 or 2

REPT

This course will expand on the physical skills and fitness knowledge gained in Personal Fitness 1. The student will further develop cardiovascular endurance, muscular endurance, flexibility, and strength using more advanced performance skills. This course is designed with a concentrated focus on planning and implementing lifetime activity or sport specific goals.

211200 (CITS) Strength Training

Prerequisite: Foundations of Physical Education or Personal Fitness 1

Grade(s): 11-12 **Credit:** .5 per semester **Term(s):** 1 or 2

CITS

This is a college level course and the expectations and coursework will be at the collegiate level. Individual weight training and personal fitness, and creating and implementing a strength training plan is the focus of the class. Individual and team sports will also be part of the class but the main emphasis will be on fitness. Three days of the week will be spent in the fitness center, one day will be in the gym participating in various fitness activities, and one day will be in the gym playing individual or team sports.

211300 Lifetime Activities and Team Sports

Prerequisite: Foundations of Physical Education or Personal Fitness 1

Grade(s): 10-12 **Credit:** .5 per semester **Term(s):** 1 or 2

This course is designed for students to participate actively in a highly competitive environment. Students will learn strategies, etiquette, and officiating team, dual, and individual sports. Personal fitness will be promoted through these team, dual, and individual sports. Current events and athletic topics will be discussed and analyzed.

211500 Unified Physical Education

Grade(s): 9-12 **Credit:** .5 per semester **Term(s):** 1 or 2 (9th grade by IEP or special approval only)

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 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.