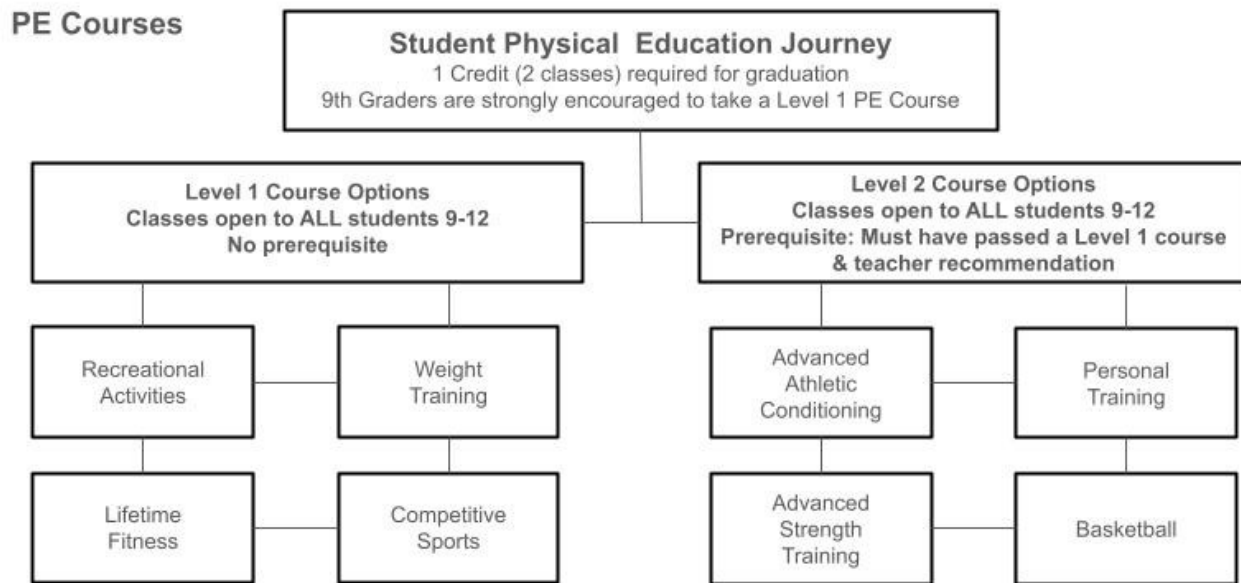


Physical Education Courses



PE clothes are required and can be purchased at the Bookkeeper at GPHS. 9th graders will pay \$10, all other grade levels will pay \$20

ALL PE Classes can be REPEATED for CREDIT.

RECREATIONAL ACTIVITIES

Course # 0800400

Grade: 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** None

Course Description:

Recreational Activities class is designed to provide students the opportunity to learn and participate in a variety of individual and team sports. The actual activities offered during the course of a semester may vary from year to year based on class size, facility availability, and weather. Each student will actively participate in game and periodic tournament play. This course is geared towards students seeking a non-competitive, but a fun sports environment. The course can be repeated for a second PE or elective credit.

WEIGHT TRAINING AND CONDITIONING

Course # 0800914

Grade: 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** None

Course Description:

This course is designed to aid those students who desire a weight training and general body conditioning class. Weight training and endurance will alternate during the week. PE clothes are required. The course can be repeated for a second PE or elective credit.

LIFETIME FITNESS

Course # 0800500

Grade: 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** None

Course Description:

This course is designed for students of any fitness level who would like to get a variety of exercises and activities each day. The workouts will be mainly walking/jogging, workout circuits, Zumba, yoga, Pilates, and step aerobics. Students will learn how improving overall fitness can increase life quality and mental health. Students will be able to determine what type and intensity of workout will work best for their individual needs. The course can be repeated for a second PE or elective credit.

COMPETITIVE SPORTS**Course #** 0800200**Grade:** 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** None**Course Description:**

Competitive Activities class is designed to provide students the opportunity to compete in a variety of individual and team sports. The actual activities offered during the course of a semester may vary from year to year based on class size, facility availability, and weather. Each student will strive to challenge one another to actively participate in game and tournament play. This course is not designed for students seeking a leisure-like activity. The course can be repeated for a second PE or elective credit.

PERSONAL TRAINING**Course #** 0800516**Grade:** 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** Level 1 PE Class and Teacher recommendation**Course Description:**

This course allows students to examine the everyday choices we make concerning exercise and nutrition. In addition, students have the opportunity to develop and follow a personalized workout. This course may be taken for Physical Education or Health credit. PE clothes are required.

BASKETBALL**Course #** 0801331**Grade:** 10, 11, 12 **Credits:** .5 **Prerequisites:** Level 1 PE Class and Teacher recommendation**Course Description:**

This course is designed to give the Advanced Physical Education student the opportunity to IMPROVE SKILLS and COMPETE in the area of basketball; diving deeper into improving advanced offensive fundamental skills, defensive strategies, knowledge and history of the game, while providing a competitive edge utilizing basketball skills learned through this course. Participants must be able to COMPETE and perform HIGH INTENSITY skill and drill work on a daily basis. This is not just a course to play pick-up games of basketball. Rubric scores and expectations will be graded more strictly than Team Sports classes.

ADVANCED STRENGTH TRAINING**Course #** 0800910**Grade:** 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** Level 1 PE Class and Teacher recommendation – Males only**Course Description:**

This course is designed to provide the students with the opportunity to improve general movement skills used in competitive athletics (strength, power, agility, quickness, cardiovascular fitness, and flexibility). The program may include any combination of the following: weight training, aerobic training, plyometrics, speed and agility training, & flexibility exercises. Students may be required to meet for an extended period of time, either before or after the scheduled class period. PE clothes are required.

ADVANCED ATHLETIC CONDITIONING**Course #** 0800912**Grade:** 9, 10, 11, 12 **Credits:** .5 **Prerequisites:** Level 1 PE Class and Teacher recommendation – females only**Course Description:**

This course is designed to provide students with the opportunity to improve general movement skills used in competitive athletics (strength, power, agility, quickness, cardiovascular fitness, & flexibility). The program may include any combination of the following: weight training, aerobic training, plyometrics, speed and agility training, and flexibility exercises. PE clothes are required.

ELEMENTARY PE ASSISTANT**Course #** 0804910**Grade:** 11, 12 **Credits:** 1 **Prerequisites:** Teacher approval and 1 PE credit**Course Description:**

Instructor approval means that the student has exhibited positive leadership and citizenship qualities. Being an Elementary Physical Education Aide allows the student the opportunity to share their skills with younger students as well as learn organizational inter- personal, and management skills at a selected elementary

school. Students must provide their own transportation. This class is taken as a 2 period block. Only 2 aides per period, per school are allowed.

PE INDEPENDENT STUDY OPPORTUNITIES

Independent Study Opportunities are available for students to pursue on their own time in the following areas: Sports Officiating: Become a certified sports official in basketball, volleyball, soccer, softball, baseball, football, or volleyball. (Information on-line at GPHS PE Resources). For more information, please see your counselor or a PE teacher.