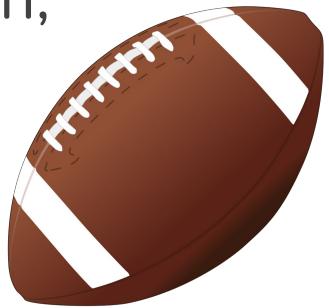
Highland Physical Education

Course selection Guide

Boys/Girls Physical Education
Course # PE 100

This class cover lifetime sports. It addresses the rules, strategies and skills needed to participate in them now and in the future. Types of sports include volleyball, soccer, softball, badminton, basketball, etc.



Beginning Dance
Course #: PE105

Beginning, Intermediate, Intermediate 2 (Elite), Advanced, and One Image

These classes are available for students who want to be involved in dance. Students typically start in the beginning but can audition into Intermediate, Elite, Advanced, and One Image.

Unified Physical Education or Unified Dance
Course #: Unified PE - PE401
Course #: Unified Dance- PE115

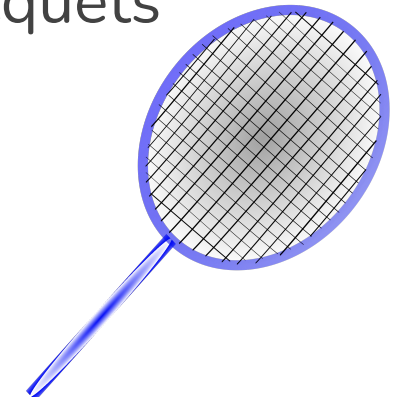
This is a class mixed with regular education students and special education students. The students work together with special education students and participate in either dance, or Physical Education that help them to stay physically active.

Intro to Weights
Course #: PE220

This is a class for beginning weight training. The students learn the fundamentals and proper techniques for weight training exercises. They will learn how different types of exercises affect muscle growth. We offer separate classes for boys and girls.

Racquet and Individual Sports
Course #: PE210

This class specifically addresses sports involving racquets. Those sports include badminton, tennis, racquetball, and pickleball. In addition we incorporate some made up games with racquets like pickle volleyball, etc.



Yoga Fitness
Course #: PE201

In this class students learn the basic poses used in yoga and how this can help you throughout life to help develop strength, stamina, and balance.

Intro/Advanced Sports Training
Course #: Intro to Sports- PE229
Advanced Sports-PE230

These classes are specifically for students who are involved in a school sport. **Advanced Sports Training classes are specific to individual sports and must be approved by the coach of that sport**. Intro to Sports Training classes have numerous sports together designed to get the students mentally and physically prepared for high school sports.

What class should you take?

If you are involved in a sport that sports offers a class for Freshman you should sign up for that class. These are the intro or Advanced Sports Training classes offered for Freshmen:

Intro to Sports- Football (a hour and 1st hour)

Intro to Sports- General (All sports that do not have a specific class, like Baseball, Wrestling, Softball, Badminton, etc)

Advanced Sports Training classes available for Freshmen

Cross country/track (1st hour)

Girls Basketball (2nd hour)

Girls Soccer (6th hour)

Boys Basketball (6th hour)

Boys Soccer (7th hour)

Girls Flag Football (TBD)

Boys and Girls Volleyball

Freshman can be in 5th hour volleyball classes, but they need coaches approval and they will set that up with you individually.

If you are trying out for one or more of these sports these are the classes you should take. Once you make the team, you will have the option to be in this class.

Sports Training Summer Programs

- You should also be involved in the summer program for these sports if you want to try out.
- You can find information for summer programs on **AthleticsHawks.com**

Dance

Hawk Dance Fam classes offered: Unified Dance, Beginning Dance, Intermediate, Intermediate II (Elite), Advanced and One Image Dance Company.
All levels have the opportunity to perform in our 3 concerts: Fall (November), Students showcase (January) and Spring (April)

Students without dance experience may register for Beginning Dance.

Dancers with prior experience should attend one of our placement classes to be enrolled in Intermediate, Elite or Advanced.

The first placement class is Wednesday Feb 21st from 3:00-4:30.

The second placement class in May Is TBD

One Image
DANCE COMPANY

Auditions for One Image Dance Company are:

Clinic: Monday May 6th 3:45-5:15

Auditions: Tuesday May 7th & Thursday May 9th 3:45 until done.

Audition Google Classroom code will be available by April 5th

Not trying out for a sport?

If you are not trying out for a sport or Dance these are the classes you should take:

***Unified PE**

***Unified Dance**

***Girls PE**

***Boys PE**

***Yoga**

***Racquet Sports**

***Intro to weights**

Course Numbers for Classes

PE100 Physical Education

PE105 Beginning Dance

PE201 Yoga Fitness I

PE220 Intro Weights

PE401 Unified Physical Education

PE115 Unified Dance

PE210 Racquet and Individual Sports

If you are taking Intro or Advanced Sports Training write the Sport you are playing on the line next to it.

PE229 Intro to Sports Training ___(List Sport)_____

PE230 Advanced Sports Training___(List Sport)_____