



P.E./25-26/MS Instructional Plan

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Contact Information

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COURSE DESCRIPTION

This course helps students develop lifelong fitness habits, teamwork, and confidence through a variety of fun and challenging physical activities. Girls will participate in team sports, individual fitness activities, and health-related lessons. The focus is on building strength, coordination, sportsmanship, and a positive attitude toward staying active.

COURSE ACTIVITIES (What we will be doing)

Below you will find descriptions of the most common activities that students will participate in during the course of each semester.

Throughout the year, students will participate in:

- Group and individual stretching
- Cardio activities
- Strength training

GRADES - Click here for → [YWLA Grading Policy](#)

Major (Good attitude, respect towards self and others, etc.)	60%
Minor (Participation in activities, bringing proper attire for class, etc.)	40%

COURSE OBJECTIVES

- Improve Physical Fitness
- Promote Healthy Habits
- Build Confidence and Self-Esteem
- Participate Safely and Responsibly

Anything else you want to include for your course:

Students need to bring clothes to wear for PE. Students will have access to a locker and a changing room. Attire should be school appropriate athletic clothing and closed toed athletic shoes. Final decision on the appropriateness of clothing will be determined by our front office.

Please feel free to reach out with any questions or concerns. We are excited to work together to make this a successful year of learning!
