



Liberty High School Physical Education

Course Selection Guide 2025-2026

The mission of the Liberty High School Physical Education Department is to educate minds, develop healthy bodies, and promote positive attitudes towards lifetime physical activity, fitness, and sports skills.

Physical Education Pathways

9th Grade Core Physical Education Course

Grade Level: 9

Length: Year

Graduation: Fulfills 9th grade PE requirement.

Physical Education is required in grade 9. All Freshman Physical Education students take the California Physical Performance and Health Related Test during the third quarter. Additional activities include physical fitness, field games, weight training, plyometric, aquatics, various team sports, steroid, and nutrition education. Students must complete the required standards and benchmarks (9th grade core Physical Education).



10th Grade Core Physical Education

Grade Level: 10-12

Length: Year

Class Prerequisite: Successful completion of Freshman Core Physical Education. Graduation: Fulfills 10th grade PE requirement.

This course emphasizes lifetime wellness and fitness. Other class activities may include aerobics, basketball, fitness training, football, plyometrics, soccer, softball, swimming, tennis, and volleyball. The physical education curriculum reflects the Liberty Union High School District Standards in Physical Fitness and Health

Elective Courses:

Strength and Fitness

Grade Level: 10-12 Length: Semester class (May be repeated for credit)

Prerequisite: 9th grade core PE

Graduation: Fulfills elective credits.

Students focus on toning and building muscle through weight training, cardiovascular training, and speed development. Concurrent enrollment in core PE 10 okay.



Elective Courses:

Sculpt and Tone (Weight Training)

Grade level: 10 -12

Length: Semester Class (May be repeated for credit) with a prerequisite: 9th grade core PE

Graduation: Fulfills elective credit

Students will participate in weight-training, running and body shaping. Students will focus on setting personal fitness goals with daily participation focusing on different muscle groups and learning how to correctly perform weight training exercises utilizing correct form. Concurrent enrollment in core PE 10 okay.



Elective Courses:

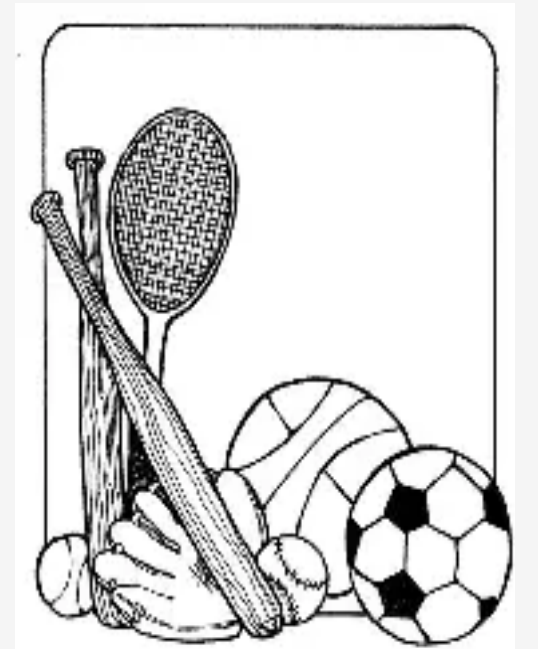
Team Sports

Grade Level: 10-12 Length: Semester

Class Prerequisite: 9th grade core PE

Graduation: Fulfills elective credit

This course builds on the basic foundation developed in the 9th and 10th Grade Core Physical Education programs. Students have the opportunity to participate in and maintain physical fitness through cooperative games and tournaments.



Elective Courses:

Advanced Athletic Skills

Grade level: 10-12

Length: Semester class

Prerequisite: Successful completion of 9th Grade Core PE

May be taken concurrently with 10th Grade Core PE.

Participation in a sport recommended

Graduation: Fulfills elective credit

This course focuses on in and out-of-season physical training for the student athlete and is designed to help improve performance and minimize the potential for injury. Training will include progressive plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to the student athlete will also be addressed.



Elective Courses:



Bowling Fundamentals

Grade level: 11-12

Length: Semester class with a prerequisite of 9th grade core PE program

Graduation: Fulfills elective credit

Bowling Fundamentals will provide an introduction to the discipline of Physical Education through bowling. The course will include a historical examination, styles of play and strategies of the sport. Students will strive to develop basic skills including approach, types of deliveries, strategy, etiquette, and league play associated with the sport of bowling. This class is off campus and meets at the Bowling Alley.



Elective Courses:

Yoga Plus

Grade Level: 10-12

Length: Semester Class (May be repeated for credit)

Graduation: Fulfills elective credit

This course will focus on the basics of yoga, technique and practice. Yoga styles will include Bikram, Vinyasa Flow, and Iyengar. Non-religious yoga philosophy and yoga history will be introduced. Other cultural styles and histories of movement such as Tai Chi, improvisation, partner dance, and the history and philosophy of social and cultural movement and social dance etiquette will be introduced.

Students are expected to come to class with a yoga mat and loose non-constrictive clothing.



Elective Courses:



Walking for Fitness

Grade Level: 10-12 Length: Semester (May be repeated for credit)

Prerequisite: 9th grade core PE

Graduation: Fulfills elective credits

Low-impact cardiovascular fitness designed to improve fitness, improve nutritional habits, looks deeper into the benefits of walking as an aerobic activity, and get students on a path to lifelong fitness. This course has been designed to meet the needs of those students with moderate to severe physical limitations (asthma, allergies) or those with a poor fitness level who are unable to participate in other physical education classes due to medical conditions. Concurrent enrollment in core PE 10 okay.