

Physical Education 2nd Course and Electives

Team Sports

Traditional group games and sports. This includes soccer, flag football, basketball, softball, rec games, etc. Recreation and competitive tournament play. The class also includes principles of fitness for life, emphasizing strength training (circuit training), cardiovascular fitness (running activities), and flexibility to encourage a healthy, active lifestyle beyond school.

Personal Fitness

Daily workouts that target these components of fitness: aerobic capacity, anaerobic capacity, muscle endurance, muscular strength, stability, mobility, flexibility. Workouts can include mobility and stability routines, resistance training, cardiovascular and energy system development.

Weight Training

High levels of fitness through involvement in weight training, running, calisthenics, and dynamic and static flexibility.

Athletic PE (Currently for athletes in our *Boys Basketball and Football programs only*)

Athletic PE is designed for students with considerable weight lifting experience and will be designed to help them prepare for high school athletics. The classroom environment is intense and extremely rigorous. It is designed to increase the power, speed, and explosion of the enrolled students. This class will also focus on character development, accountability and integrity, students enrolled in this class be held accountable to perform all aspects of this class at a high level. Athletes will sign up for either fall or Spring Athletic PE based on coach's recommendation.

Note: After the sports season ends students enrolled in this class are still expected to attend class & be supervised until the end of the school day, without exception.

Marching Band/Dance 2+

- This exemption is applicable to only the Class of 2028 and beyond.
- In order to be eligible for this exemption waiver, students must pass PE 9 with a C grade or better and pass five components of the Fitnessgram Test in 9th Grade. A D or F in PE 9 grade will not qualify for an exemption waiver.
- The approval of this exemption is contingent on enrollment in the course.
- Students must still need to meet ALL credit requirements for graduation.
- Successful passing of the marching band, color guard, or dance class (level 2 and above) must be completed to validate this exemption.
- If a student does not fulfill the course waiver requirements by the end of the junior year, the student will automatically be enrolled in a PE course their senior year.

Athletic Participation

- This exemption is applicable to only the Class of 2028 and beyond.
- In order to be eligible for this exemption, students must pass PE 9 with a C grade or better and pass five components of the Fitnessgram Test in 9th Grade. A D or F in PE 9 grade will not qualify for an exemption waiver.
- The approval of this exemption is contingent on earning a roster spot and will be reviewed by the Athletic Director.
- Students must still need to meet ALL credit requirements for graduation.
- Independent conditioning programs or club sports cannot be considered for a physical education exemption.
- This exemption only applies to students who are not enrolled in Athletic PE.
- Completion of the entire season of the interscholastic athletic program is required to validate this exemption.
- Failure to participate in the sport for the duration of the season will result in no credit being exempted.
- At the completion of each two sports seasons, a verification form must be completed and signed by the coach or athletic director.
- For the PE exemption, A student must complete a minimum of 75 hours of practice/conditioning per season under the direct supervision of the coach.
- Roles such as a team manager, helper, or coaching assistant, will not qualify for this exemption.
- Esports does not qualify for a PE exemption.
- Injuries: If a student sustains an injury that will prevent them from participating at full capacity for 4 or more weeks, the exemption cannot be validated. The student will have the opportunity to reapply for another season or enroll in qualifying second PE course the following term or school year.
- To qualify for this waiver, a student must maintain their academic eligibility through the entire season.
- If a student is dropped from their team for disciplinary reasons, they will invalidate their exemption and will lose the privilege of the exemption in the future.
- If a student does not fulfill the course waiver requirements by the end of the junior year, the student will automatically be enrolled in a PE course their senior year.