

PHYSICAL EDUCATION

The physical education curriculum is designed to provide students with educational activities which emphasize the development of skill proficiency in lifetime sports and offer carry-over value for adult life. Selected curricular activities engage the student in activities which encourage and emphasize the development of desirable social attitudes and both mental and physical fitness.

HEALTHY CHOICES - 4110 (Fulfills health requirement) 9, 10, 11, 12 .5 credit

Healthy Choices is a required course for all High School students. This is an inclusive and comprehensive course designed to develop a sound foundation and understanding of how to practice a healthy lifestyle. Units covered within this course include: Personal Wellness, Nutritional Wellness, Mental and Emotional Wellness, Relationship Wellness, Comprehensive Human Sexuality, Violence Prevention and Substance Abuse. The Comprehensive Human Sexuality Unit will include lessons on Understanding Sexuality and Gender, Reproductive Systems and Conception, Abstinence and Birth Control, Sexually Transmitted Infections, and Teen Pregnancy. The Adams 12 Health Curriculum follows the state's academic standards for health, as well as current Colorado law, which requires that comprehensive health education is evidence-based, medically accurate, age-appropriate and culturally sensitive.

If you wish to exclude your student from any part or all of the in-class instruction of the High School Health Units listed above, you may do so using the district's opt-out form included in District Policy 6220 and the class syllabus. Students who opt out of any of the Health curriculum will be given alternative assignments to complete during the instructional time they miss for the excluded lessons/unit(s).

NOTE: For the Class of 2029 and beyond, successful completion of Healthy Choices is required for graduation.

LIFETIME FITNESS - 4330 9, 10, 11, 12 .5 credit

Are you ready to boost your fitness knowledge and get active? This entry-level course is for any student who wants to improve and maintain their fitness. You'll build a strong foundation by learning how your heart and muscles work during exercise, how to train safely and effectively, different types of workouts, and how to use fitness checks to set personal goals and track progress. Through fun and engaging activities, you'll apply fitness concepts, explore a variety of physical activities, and develop healthy habits that extend beyond the classroom. This class isn't just about working out, it's about gaining the knowledge and skills to build lifelong fitness. By the end, you'll be ready to improve, maintain, and take charge of your own health.

RACKET SPORTS - 4200 9, 10, 11, 12 .5 credit

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport (such as tennis, pickle ball, badminton, and other racket games). The primary objective is to develop continued interest in the games. Instruction includes proper techniques, rules, strategies, safety, proper care and selection of equipment and related terminology.

RECREATIONAL SPORTS – 4210 ONLY 12th 12 .5 credit

This course is designed to teach and engage students in the popular leisure activities that may include: shuffleboard, archery, table tennis, frisbee golf, corn hole (one quarter) and bowling (one quarter) along with others. This course will provide an overall knowledge of basic skills, strategies, rules, fundamentals as well as discussion of health and fitness benefits for lifetime recreation.

NOTE: There is a \$100 FEE for this class

TEAM SPORTS I - 4150**9, 10, 11, 12****.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for floor hockey, indoor/outdoor soccer, speedball, team handball, ultimate Frisbee, flag football and additional team activities/games. This course cannot be repeated for elective credit.

TEAM SPORTS II - 4151**9, 10, 11, 12****.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for softball, basketball, volleyball, flicker ball, rugby, and additional team activities/games. This course cannot be repeated for elective credit.

WEIGHT TRAINING I – 4290**9, 10, 11, 12****.5 credit**

This course is for the student who has a strong interest in developing muscle mass and lean muscle mass, speed, and power. This course helps students develop basic knowledge and skills with free weights and universal machine weights, while emphasizing safety, lifting form, and posture. This course includes an emphasis on basic anatomy and physiology, instruction in the fundamental principles of weight training, and implementing a personalized weight training program.

WEIGHT TRAINING II – 4295**10, 11, 12****.5 credit**

This course is an extension of Weight Training I. It is for the student who has a strong interest in developing muscle mass and lean muscle mass, speed, and power. This course helps students develop a deeper knowledge and skills with free weights and universal machines while emphasizing safety, lifting form, and posture. It will include the other components such as anatomy, nutrition, and Olympic lifting. Students will also learn to create and implement a personalized fitness program utilizing appropriate training principles. All students must have completed the prerequisite prior to registering for this class. Students cannot be enrolled in the prerequisite Weight Training I simultaneously with this class.

PREREQUISITE: Weight Training I

WALKING FOR WELLNESS - 080100**10, 11, 12****.5 credit**

Walking for Wellness class is designed to promote physical activity and overall well-being through the simple and accessible practice of walking. In this course, you will discover the numerous benefits of walking, both for your physical health and mental well-being. Throughout the class, you will learn proper walking techniques, including posture, stride, and breathing techniques, to maximize the benefits of this low-impact exercise. We will also explore different walking styles and how they can help you achieve your fitness goals. In addition to the physical benefits, our Walking for Wellness class will also focus on the mental and emotional aspects of walking. We will discuss the positive effects of walking on stress reduction, mood enhancement, and cognitive function. You will learn mindfulness techniques to incorporate into your walking routine, allowing you to fully immerse yourself in the present moment and reap the full benefits of this mindful exercise.

NOTE: Students will be required to walk most days outside throughout the semester.

POSITIVE PE – 4010**10, 11, 12****.5 credit**

This course will integrate students with special needs (athletes) and general ed peers (coaches) in a cooperative, positive and enthusiastic learning environment. All students will explore the components of physical fitness through a variety of interactive physical activities. Coaches will learn skills, techniques, and concepts covered in class alongside the athletes. Positive PE coaches will be paired with an athlete to assist with motivation, role-modeling and demonstrate positive interaction in an integrated learning environment. Coaches will also ensure that the athletes are involved and provide constant reinforcement to all appropriate behavior. This physical education atmosphere will develop positive social relationships between coaches and athletes. This course will focus on improving students' fitness levels by participating in lifelong exercises and activities.

PREREQUISITE: Application is required at the time of registration. Applications can be obtained in the Counseling center.