

Indicate the unit for each activity entered (descriptions on reverse):

**OAK PARK INDEPENDENT SCHOOL
OAK VIEW HIGH SCHOOL**

**Physical Education
Instructional Units**

AQUATICS	RHYTHM/DANCE	INDIVIDUAL SPORTS	DUAL SPORTS
Breath control, floating, gliding, freestyle, backstroke, sidestroke, butterfly, breaststroke, rescue from side of pool, boat safety, water aerobics, water polo	Folk, social, square, modern, ballet, tap, hiphop, aerobic dance and conditioning, line dancing, jazzercise, dancercise	Swimming, rowing, archery, cycling, golf, skating, yoga, Tai Chi, disc golf, bowling, rope jumping, jogging, juggling, hacky sak, weight lifting, hiking, rope and wall climbing	Tennis, badminton, handball, racquetball, doubles volleyball, frisbee, table tennis, swimming, rowing, archery, cycling

COMBATIVES	GYMNASTICS/TUMBLING	TEAM SPORTS
Personal safety, Tai Chi, fencing, wrestling, Tybo, kickboxing, martial arts	Rhythmic gymnastics, balance beam, tumbling, individual and partner balance stunts	Baseball, softball, basketball, water polo, soccer, football, volleyball, ultimate frisbee, hockey