

PHYSICAL EDUCATION

Physical Education is an integral part of the process of education and contributes to the complete development of the individual. Our program is one of directed, purposeful activity, centered around the total person. It provides opportunities that are invigorating, developmental, educational and lead to positive physical, mental, social and emotional growth, helping each student to develop his/her highest potential. It is the goal of the program to stimulate student interest and understanding in acquiring a sound body and mind, good health habits, and an appreciation of the benefits of physical activity throughout his/her lifetime and to acquire the skills necessary to achieve total fitness.

Classes are coeducational. It is recommended that students make up any failures in the semester immediately following. Students taking elective courses will be allowed to take more than one physical education elective in a given semester. A doctor's certificate is the only acceptable reason for a student not meeting the physical education requirements.

PHYSICAL EDUCATION

The goal of the grade 9-10 physical education program is to introduce the importance of personal health and fitness. Exposing students to the components of fitness and their relation to lifetime activities serves as the focus of the curriculum.

Grade 9-10 Required Programs

(.4 credit)

adventure learning	flag football	square dance
aerobics	floor hockey	step aerobics
badminton	line dance	total fitness
basic tennis	pickle ball	volleyball
basketball	soccer	weight training
fitness testing	softball	

COURSE DELETION

Building upon the 9-10 grade curriculum, 11th and 12th grade students will experience skills that are necessary for successful future leisure pursuits, through exposure to a variety of individual team and recreational activities.

Junior and Senior Elected Programs

advanced tennis	flag football	slimnastics
aerobics	folk dance	soccer and speed ball
archery	golf	square dance
basic badminton	McWhippet (stx Lacrosse)	team handball
basic tennis	pickle ball	track and field
basketball	recreational games	volleyball
	weight training	yoga

Physical Education courses are semester courses meeting two days in a six day cycle. A student will earn .2 points for each semester for a total of .4 points for the year.

COURSE ADDITON

Elective Program

Semester Courses (.2 credit)

During the FIRST SEMESTER the following electives will be offered. Not all electives will be available during each block (staff availability will determine the number of electives available in each block.)

First Semester Only

Team Sports I

This course includes instruction and games for the individual who enjoys a competitive physical environment. Among the activities offered are flag football, basketball, soccer, softball, team handball, badminton and volleyball. This course may also include coaching techniques, sports management and officiating.

Personal Fitness

You will gain an understanding of your personal fitness level and needs through discussion and practice of fitness components, cardio-respiratory endurance, muscular endurance, muscular strength, flexibility and body composition. Activities will include weight training, jogging, basic anatomy and physiology, fitness testing and fitness games.

Step Aerobics

This is an opportunity for you to achieve greater cardiovascular fitness, muscular strength and endurance flexibility and fat loss. The classes consist of a warm-up, step training, cool down and stretching, as well as muscle conditioning exercises. This course will also include other forms of fitness and dance activities. Nutrition and weight control concepts may also be discussed.

Lifetime Activities

You will receive instruction in the fundamentals of lifetime recreational activities. These are archery, golf, tennis, badminton and volleyball.

Adventure Learning

During the SECOND SEMESTER the following electives will be offered. Not all electives will be available during each block (staff availability will determine the number of electives available in each block.)

Second Semester Only

Team Sports II

This course includes instruction and games for the individual who enjoys a competitive physical environment in traditionally female team sports. Among the activities that may be offered include basketball, girls lacrosse, softball and ultimate Frisbee. This course may include coaching techniques, sports management and officiating.

Wellness Activities

Learn how to enhance your health and sense of well being. Some included activities are relaxation techniques, yoga meditation, stress management knowledge concepts, nutrition, weight training and partner and group activities.

Lifetime Activities

You will receive instruction in the fundamentals of lifetime recreational activities. These are archery, golf, tennis, badminton and volleyball.

Dance in Action

This class is for beginning to advanced students—no experience is necessary. Students will develop flexibility and strength while learning proper placement and technique. The class will explore many different styles of dance including traditional/folk, jazz, blues, modern, lyrical as well as other forms. The class will have the opportunity to create original choreography and dances in an informal presentation at the end of the semester.

Introduction to Coaching

This course applies teaching and learning principles as they are related to the player, team, coach and athletic program. Some areas to be included will be organization and administration of the program, coaching, techniques, conditioning, communication and evaluative procedures.

