



## 2018•2019 Course Selections

### Physical Education

#### **FRESHMAN PHYSICAL EDUCATION**

Grade Level (s): 9, 10, 11, 12

Credits: 2

Length: Year

Prerequisites: None

Content: The course is designed to give freshmen a solid foundation in physical education skills and concepts. The course meets five days a week for the entire school year. The freshman core curriculum will emphasize the four areas of personal fitness along with team building, aquatics, individual and team sports.

*EL students are integrated in this course with general education students.*

#### **SOPHOMORE PHYSICAL EDUCATION**

Grade Level (s): 10, 11, 12

Credits: 1

Length: Semester

Prerequisites: None

Content: The course is designed to give sophomores physical education experiences through a core program of concepts, activities and life skills. The course meets five days a week for one semester. Emphasis will be on personal fitness, personal fitness plans, aquatics, team/ individual sports, and life safety (First Aid, AED/CPR rescue breathing).

*EL students are integrated in this course with general education students.*

#### **JUNIOR/SENIOR PHYSICAL EDUCATION DANCE**

Grade Level (s): 11, 12

Credits: 1

Length: Semester

Prerequisites: None

Content: A semester course that assists students in developing self-esteem, rhythm and coordination through a variety of dance activities. Lifetime movement skills are introduced and enhanced through all areas of dance. Physical fitness will be promoted and students will participate in a cardiovascular training program to maintain or improve physical fitness.

*EL students are integrated in this course with general education students.*



## 2018•2019 Course Selections

### **JUNIOR/SENIOR PHYSICAL EDUCATION INDIVIDUAL/DUAL SPORTS**

Credits: 1  
Length: Semester

Grade Level (s): 11, 12

Prerequisites: None

Content: This semester course is designed with a strong emphasis on individual activities that encourage a lifetime of fitness, teamwork and activity through enjoyment in leisure sport. Examples of activities may include: Golf, tennis, volleyball, badminton, Pickle ball, Ultimate Frisbee, recreational games, walking, jogging, racquetball etc.

*EL students are integrated in this course with general education students.*

### **JUNIOR/SENIOR PHYSICAL EDUCATION PERSONAL FITNESS**

Credits: 1  
Length: Semester

Grade Level (s): 11, 12

Prerequisites: None

Content: This semester course is designed to offer the students a wide variety of cardiovascular, muscular endurance, muscular strength, flexibility and fitness planning skill-building methods and activities in order to enhance personal wellness. Students will utilize the fitness center or fitness focused environment and various assessment tools in establishing realistic fitness goals.

*EL students are integrated in this course with general education students.*

### **JUNIOR/SENIOR PHYSICAL EDUCATION CONDITIONING & WEIGHTS**

Credits: 1  
Length: Semester

Grade Level (s): 11, 12

Prerequisites: None

Content: This is a semester course that promotes total lifelong fitness, as well as assesses each student's strength level and knowledge base so that an individual weight program can be designed for the student to follow on a weekly basis. Physical fitness will be assessed and students will participate in a cardiovascular training program to maintain or to improve physical fitness. All of the components and concepts of total fitness will be addressed to promote the students ability to develop lifelong wellness goals.

*EL students are integrated in this course with general education students.*



## 2018•2019 Course Selections

### **JUNIOR/SENIOR PHYSICAL EDUCATION TEAM SPORTS**

Grade Level (s): 11, 12

Credits: 1

Length: Semester

Prerequisites: None

Content: This course is designed with a strong emphasis on team activities that encourage a lifetime of fitness, teamwork and activity through enjoyment in leisure sport. Examples of activities include: flag football, soccer, volleyball, basketball, badminton, Pickle ball, Ultimate Frisbee, tennis, floor hockey and softball.

*EL students are integrated in this course with general education students.*

### **JUNIOR PHYSICAL EDUCATION STUDENT LEADER PROGRAM**

Grade Level (s): 11

Credits: 2

Length: Full Year

Prerequisites: Instructor's consent

Content: The purpose of the course is to teach students to be student leaders, during their senior year, in the physical education curriculum. This PE course will also expose them to career opportunities in the fields of physical education, health, the fitness industry and related professions. Students will be taught leadership skills, good citizenship skills, sports officiating, and fitness/wellness leadership strategies. Leaders in training will be actively engaged in all areas throughout the structure and function of movement. After successful completion of the course, students will serve as SENIOR STUDENT LEADERS in the physical education department.

*EL students are integrated in this course with general education students.*

### **SENIOR PHYSICAL EDUCATION STUDENT LEADER PROGRAM**

Grade Level (s): 12

Credits: 2

Length: Full Year

Prerequisites: Junior PE Student Leader Program completion and instructor's recommendation.

Content: The purpose of the course is to develop students' leadership skills during their senior year, in the physical education curriculum. This PE course will also expose them to career opportunities in the fields of physical education, health, the fitness industry and related professions. Students will be taught leadership skills, good citizenship skills, sports officiating, and fitness/wellness leadership strategies. Leaders will be actively engaged in all areas throughout the structure and function of movement.

*EL students are integrated in this course with general education students.*



## 2018•2019 Course Selections

### **MODIFIED PHYSICAL EDUCATION**

Grade Level (s): 9, 10, 11, 12

Credits: 1

Length: Semester

Prerequisites: Consent of administration.

Content: This course is designed for students who are able to work independently and with peers with limited assistance. P.E. curriculum and activities are modified to support group needs.

### **HEALTH EDUCATION**

Grade Level (s): 10, 11, 12

Credits: 1

Length: Semester

Prerequisites: None

Content: Topics presented are: Dimensions of Wellness, Death and Dying, Decision Making, Consumer Health, Reproduction and Human Sexuality, Nutrition, Substance Use-Abuse, Alcohol, Tobacco and Other Drugs, Communicable and Non-Communicable Diseases, Safety, Environment and Relationships and Dating.

Activities: Reading, discussion, speakers, multi-media, cooperative learning and some laboratory activities.

*This course is offered in the ELL Program in Spanish and/or Sheltered English instruction, depending on the student's home language and English proficiency level.*