

### Physical Education Department Sequence

Grade:	Course Title	Length	Meeting Time	Required or Elective
Grade 7	PE 7	Semester	Alt. Days	Required
Grade 8	PE 8	Semester	Alt. Days	Required
Grade 9	PE 9 Or Strength and Conditioning	Semester	Daily	Required
Grade 10	PE 10 Or Strength and Conditioning	Semester	Daily	Required
Grade 11	PE 11 Or Strength and Conditioning	Semester	Daily	Required
Grade 12	PE 12 Or Strength and Conditioning	Semester	Daily	Required

## **PHYSICAL EDUCATION DEPARTMENT**

### **PHILOSOPHY**

The aim of this department is to motivate students to be “Doers” not watchers. We provide opportunity and interest for all our students to be involved in the Physical Education process of the body and mind. Through policy and rules, standards have been established that encourage participation even if it is on a limited basis.

### **STANDARDS**

#### THE STUDENT WILL:

- 1) Use a variety of basic and advanced movement forms.
- 2) Use movement concepts and principles in the development of motor skills.
- 3) Understand the benefits and costs associated with participation in regular physical activity.
- 4) Understand how to monitor and maintain a health-enhancing level of physical fitness.
- 5) Understand the social and personal responsibility associated with participation in physical activity.

### **CAREERS IN THE PHYSICAL EDUCATION FIELD**

PE Teacher  
Coach  
Physical Therapist  
Occupational Therapist  
Sports Management  
Athletic Director  
Leisure Services  
Recreation Director  
Athletic Trainer  
Fitness Instructor

Number:	061/062	Title:	<b>PE 9</b>
Grade(s):	9	Meeting Time:	Daily
Length:	Semester	Credit:	5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Develop self-control and good sportsmanship through participation in various activities.
2. Demonstrate the ability to correctly score individual and team sports.
3. Demonstrate the ability to cooperate as a team working toward a common goal.
4. Demonstrate the proper techniques involved in CPR/life saving skills.

This course will provide activities for physical fitness:

Football	Weight Training	Tumbling
Soccer/Fitness	Badminton	Basketball
Volleyball	Physical Fitness	Tennis
	Aerobics	Table Tennis

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Number:	063/064	Title:	<b>PE 9 Strength and Conditioning</b>
Grade(s):	9	Meeting Time:	Daily
Length:	Semester	Credit:	5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Improve strength and power through the usage of multi-joint movements.
2. Enhance flexibility and mobility through dynamic and static stretching.
3. Develop lateral and linear speed through learning of proper sprint mechanics.
4. Achieve core strength for improved posture, athleticism, and health.

The purpose of this course is to create better athletes, students, and people by using fundamental techniques and basic body mechanics to improve athleticism. Through the usage of proper technique, effort, motivation, and process students will enhance their internal drive and self-determination to advance competitiveness in both athletics and life (work, citizenship, etc.).

Number:	071/072	Title:	<b>PE 10</b>
Grade(s):	10	Meeting Time:	Daily
Length:	Semester	Credit:	5 Per Semester

**COURSE SUMMARY:** The student will:

1. Show an appreciation of movement with rhythm.
2. Demonstrate leadership qualities by performing as an integral part of a team.
3. Develop self-control and good sportsmanship through participation in various activities.

This course will provide team play with coed interaction in:

Golf	Speedball	Team Handball
Soccer	Square Dance	Pickleball
Softball/Wiffleball	Physical Fitness	Aerobics
Volleyball	Weight Training	Table Tennis

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Number:	073/074	Title:	<b>PE 10 Strength and Conditioning</b>
Grade(s):	10	Meeting Time:	Daily
Length:	Daily	Credit:	5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Improve strength and power through the usage of multi-joint movements.
2. Enhance flexibility and mobility through dynamic and static stretching.
3. Develop lateral and linear speed through learning of proper sprint mechanics.
4. Achieve core strength for improved posture, athleticism, and health.

The purpose of this course is to create better athletes, students, and people by using fundamental techniques and basic body mechanics to improve athleticism. Through the usage of proper technique, effort, motivation, and process students will enhance their internal drive and self-determination to advance competitiveness in both athletics and life (work, citizenship, etc.).

Number: 061/062 Title: **PE 11**  
Grade(s): 11 Meeting Time: Daily  
Length: Daily Credit: 5 Per Semester

**COURSE SUMMARY:** The student will:

1. Demonstrate the ability to correctly score individual and team sports.
2. Demonstrate the ability to cooperate as a team working toward a common goal.
3. Develop an interest in life-time activities.

This course provides opportunities to develop an interest in lifetime activities.

Golf	Soccer	Floor Hockey
Bowling	CPR	Badminton
Tennis at City courts	Weight Training	Bowling
Softball	Aerobics	Cancer Awareness

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Number: 083/084 Title: **PE 11 Strength and Conditioning**  
Grade(s): 11 Meeting Time: Daily  
Length: Daily Credit: 5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Improve strength and power through the usage of multi-joint movements.
2. Enhance flexibility and mobility through dynamic and static stretching.
3. Develop lateral and linear speed through learning of proper sprint mechanics.
4. Achieve core strength for improved posture, athleticism, and health.

The purpose of this course is to create better athletes, students, and people by using fundamental techniques and basic body mechanics to improve athleticism. Through the usage of proper technique, effort, motivation, and process students will enhance their internal drive and self-determination to advance competitiveness in both athletics and life (work, citizenship, etc.).

Number:	091/092	Title:	<b>PE 12</b>
Grade(s):	12	Meeting Time:	Daily
Length:	Semester	Credit:	5 Per Semester

**COURSE SUMMARY:** The student will:

1. Design and implement their personal physical fitness plan.
2. Demonstrate leadership qualities by performing as an integral part of a team.
3. Develop an interest in lifetime activities.

This year's activities stress the recreational aspect of individual and team activities.

Golf Course	Floor Hockey	Dance-Social/Line
Racquetball	Self-Defense	Volleyball
Wellness Assessment	Softball/Wiffleball	Bowling
Badminton	Table Tennis	

Number:	093/094	Title:	<b>PE 12 Strength and Conditioning</b>
Grade(s):	12	Meeting Time:	Daily
Length:	Daily	Credit:	5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Improve strength and power through the usage of multi-joint movements.
2. Enhance flexibility and mobility through dynamic and static stretching.
3. Develop lateral and linear speed through learning of proper sprint mechanics.
4. Achieve core strength for improved posture, athleticism, and health.

The purpose of this course is to create better athletes, students, and people by using fundamental techniques and basic body mechanics to improve athleticism. Through the usage of proper technique, effort, motivation, and process students will enhance their internal drive and self-determination to advance competitiveness in both athletics and life (work, citizenship, etc.).

Number:	57/58	Title:	<b>Early Bird Strength and Conditioning</b>
Grade(s):	11/12	Meeting Time:	Daily
Length:	Alt. Days	Credit:	5.0 Per Semester

**COURSE SUMMARY:** This course is the same as the other strength and conditioning courses. However, it meets 2-3 days per week and lasts an entire year.

Number:	983/984	Title:	<b>Health and Fitness 1</b>
Grade(s):	9-12	Meeting Time:	Alt Days
Length:	Alt. Days	Credit:	2.5 Per Semester

**COURSE SUMMARY:** The student taking this course will:

1. Understand the topics of health education courses.
2. Demonstrate the importance of choices in remaining healthy.
3. Engage in an active physical component throughout the term.
4. Develop positive life-long wellness habits.

The purpose of this course is to allow students to acquire the knowledge and to develop the skills to live a healthy lifestyle. The course combines elements of classroom learning with activities embedded in a traditional PE course.

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Number:	985/986	Title:	<b>Health and Fitness 2</b>
Grade(s):	9-12	Meeting Time:	Alt Days
Length:	Alt. Days	Credit:	2.5 Per Semester

**COURSE SUMMARY:** This course is an extension of Health and Fitness 1. The Student will:

1. Use concepts related to health promotion and disease prevention.
2. Analyze influencing factors on health enhancing behavior.
3. Demonstrate decision-making skills.
4. Demonstrate goal-setting skills.
5. Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.
6. Access valid information, products and services.
7. Promote health-enhancing level of physical activity.
8. Practice preventive health behaviors.