

PHYSICAL EDUCATION

Physical Education is that phase of the educational process which contributes to the physical, emotional, social, and intellectual development of the total person primarily through participation in directed physical activity.

PHYSICAL EDUCATION COURSE DESCRIPTIONS

FRESHMAN PHYSICAL EDUCATION (9007)

One Semester Credit 0.50 Weight 1.00

Prerequisites: This course is mandatory for all grade 9 students. Requirements for graduation include 1.5 credits in Physical Education.

Description: The freshman physical education course is offered to students in the ninth grade who are provided with the opportunity to develop skills and knowledge in individual activities and team sports as well as physical fitness training. This course may include, but is not limited to, the following activities: cooperation games, basketball, softball, volleyball, tennis, fitness training, badminton, and ultimate Frisbee.

SOPHOMORE PHYSICAL EDUCATION (9012)

One Semester Credit 0.50 Weight 1.00

Prerequisites: Prior successful completion of Freshman Physical Education is required. Requirements for graduation include 1.5 credits in Physical Education.

Description: The sophomore physical education course is offered to students in the tenth grade who are provided the opportunity to develop skills and knowledge in a variety of team sports with an introduction to more lifetime activities. Physical fitness training will also be developed.

PHYSICAL EDUCATION 11 - 12 (9001)

One Semester Credit 0.50 Weight 1.00

Prerequisites: This course is open to students in Grades 11 and 12. Requirements for graduation include 1.5 credits in Physical Education.

Description: Emphasis in physical education is on pursuing a choice at a higher level. Students select different activities which include a variety of team, dual, and individual sports.

EARLY MORNING CONDITIONING & PHYSICAL EDUCATION (9008)

Fall semester Credit 0.50 Weight 1.00

Prerequisites: This course is open to students in Grades 11 and 12 after successful completion of Freshman and Sophomore Physical Education.

Description: This course meets before school from 6:30 to 7:10 a.m. on Tuesdays, Wednesdays, and Thursdays during the fall semester. It is designed to provide students with additional flexibility within their schedule while fulfilling the Physical Education graduation requirement. Students will develop a personalized training routine pertaining to personal goals or specific sport activities and perform those specific workouts.

DANCE (9009)

One semester Credit 0.50 Weight 1.00

Prerequisites: This course is open to students in Grades 10, 11, and 12 who have successfully completed their required Freshman and Sophomore semesters of Physical Education. Grade 10 students may only take the Dance course after successfully completing the fall semester of Sophomore Physical Education.

Description: The dance course is offered to students who are interested in learning about and performing their dances confidently. Students will identify and perform movement elements and dance skills using a range of choreographic processes. Students will create a dance and set artistic criteria for evaluating their own work as well as the work of others.

PHYSICAL EDUCATION LEADERSHIP PROGRAM

(Semester – 9011)	(Full year – 9004)
One semester	Credit 0.50 Weight 1.04
Full year	Credit 1.00 Weight 1.04

Prerequisites: Prior successful completion of Physical Education 9, 10, and 11 and the approval of Housemaster, Physical Education staff, Curriculum Coordinator, and Guidance Counselor are required.

Description: Seniors must apply for acceptance into this course. It is designed to provide practical leadership and organization experience, instruction, and career opportunities in related fields. The course requirements are:

- Department permission and admission by approved application only
- A strong background in athletics
- A desire to explore officiating
- A variety of athletic skills

INDEPENDENT STUDY IN PHYSICAL EDUCATION

Credit and weight by Arrangement

Prerequisites: Approval of Housemaster, Phys. Ed. staff, & Guidance Counselor is required.

Description: Independent study is offered to students who have successfully completed other Physical Education classes and who wish to continue their study *in a specific area where there is no advanced offering*. The student will write his/her own plan of activities as outlined in the Physical Education department's guidelines.