

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.

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 the Assistant Principal, Physical Education staff, Curriculum Coordinator, and School Counselor are required. Applications can be picked up from the school counseling office.

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