Physical Education Department Sequence

<table>
<thead>
<tr>
<th>Grade</th>
<th>Course Title</th>
<th>Length</th>
<th>Meeting Time</th>
<th>Required or Elective</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 7</td>
<td>PE 7</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
</tr>
<tr>
<td>Grade 8</td>
<td>PE 8</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
</tr>
<tr>
<td>Grade 9</td>
<td>PE 9</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
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<tr>
<td></td>
<td>Or Strength and Conditioning</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
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<tr>
<td>Grade 10</td>
<td>PE 10</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
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<td></td>
<td>Or Strength and Conditioning</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
</tr>
<tr>
<td>Grade 11</td>
<td>PE 11</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
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<td></td>
<td>Or Strength and Conditioning</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
</tr>
<tr>
<td>Grade 12</td>
<td>PE 12</td>
<td>Semester</td>
<td>Daily</td>
<td>Required</td>
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<tr>
<td></td>
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</tr>
</tbody>
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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
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
- Soccer/Fitness
- Volleyball
- Weight Training
- Badminton
- Physical Fitness
- Tumbling
- Basketball
- Tennis
- Aerobics
- Table Tennis

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: PE 10
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

Number: 073/074  Title: PE 10 Strength and Conditioning
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.

<table>
<thead>
<tr>
<th>Golf</th>
<th>Soccer</th>
<th>Floor Hockey</th>
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<tbody>
<tr>
<td>Bowling</td>
<td>CPR</td>
<td>Badminton</td>
</tr>
<tr>
<td>Tennis at City courts</td>
<td>Weight Training</td>
<td>Bowling</td>
</tr>
<tr>
<td>Softball</td>
<td>Aerobics</td>
<td>Cancer Awareness</td>
</tr>
</tbody>
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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: PE 12
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: PE 12 Strength and Conditioning
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: 096/097 (11th Grade) 098/099 (12th Grade)  Title: Early Bird Strength and Conditioning
Grade(s): 12  Meeting Time: Daily
Length: Alt. Days  Credit: 2.5 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.