

Physical Education/Health

Health/Physical Education 9-Required 9th grade (1 credit)

Health The main emphasis of this class will be to understand the importance of individual health and wellness. Units of study will include: First aid, nutrition, alcohol, smoking and other drug prevention, as well as, communicable and non-communicable disease.

Physical Education (P.E.) 9 This course is an introduction to sport and fitness activity. Typically a freshman class, the basic fundamentals of sports including softball, football, volleyball, floor hockey, basketball, track and field, fitness walking, and other activities will be divided into two week units. The activity ranges from low to medium impact. It is expected that each student dress and fully participate in the prescribed lesson during each class period.

Lifetime Sports -Elective 10th-12th grade (1 credit)

This course is a combination of sport games and other activities that promote a wide range of fitness activities that be utilized through a lifetime. Class content includes team sports, rhythmic activities, individual sports, and racquet and paddle sports. This class is meant to introduce students to activities and goes beyond normal physical education class content. The activity ranges from low to medium impact. It is expected that each student dress and fully participate in the prescribed lesson during each class period.

Bigger, Faster, Stronger (BFS)-Elective 9th-12th grade (1 credit)

This system of high level weight training along with speed, endurance, and leadership training is recommended for students that are interested in a high energy atmosphere. Core lifts involving the squat, dead lift, power clean, and bench press are required on the prescribed workout day. Endurance, footwork drills, plyometrics, and speed work/testing are also a part of a regular routine. The activity ranges from high to very high impact. It is expected that each student (regardless of the seasonal sport in which you are participating) dress and fully participate in the prescribed lesson during each class period. It is also highly recommended that students that are unfamiliar with this course seek out the instructor to discuss the physical requirements needed to perform in this class.