

# P.E. Class Options

## Freshmen going to be Sophomores

You can pick one of the following semester long courses. The other semester you will be taking driver's education.

### Fitness Based

**Total Body Conditioning**- every day is different. 2 days cardio, 2 days weights/toning, 1 day yoga. Self- defense, kickboxing, yoga, Zumba, just dance, exercise balls, stations, step aerobics, etc

**Cardio/Strength**-1-2 day strength, 1-2 days cardio in weight room

**Athletic Development**- sport specific workouts in weight room for ABS athletes

**Yoga**-fitness based that will improve strength, flexibility, and mental health

### Sports Based

**Individual and Lifetime Sports**- activities include racket sports, archery, and golf

**Competitive Sports**- activities include rugby, soccer, basketball, floor hockey

### Other

**JROTC 1 / 2**- military drill and ceremonies, marching, team sports and team building activities, leadership development, individual wellness and fitness exercises

## Juniors going to be Seniors

You can pick 2 of the following semester courses. You may pick the same course twice and may take courses several times during your 4 years. If the course is a year- long course you can only pick that one course.

### Fitness Based

**Total Body Conditioning**- kickboxing, yoga, Zumba, Just Dance, exercise balls, stations, step aerobics, etc

**Cardio/Strength**-1-2 day strength, 1-2 days cardio in weight room

**Athletic Development**- sport specific workouts in weight room for ABS athletes

**Yoga**-fitness based that will improve strength, flexibility, and mental health

### Sport Based

**Individual and Lifetime Sports**- activities include racket sports, archery, and golf

**Competitive Sports**- activities include rugby, soccer, basketball, floor hockey

### Other

**Dance 1 / 2**- Ballet, Jazz, and Fitness/ Adv Jazz, Hip Hop, and Fitness

**Outdoor Ed**- year long course, rollerblade, bike, climbing, kayaking/ canoeing, team building- no team sports!

**SR Leadership**- year long course, JR leadership prerequisite, placed with PE teachers to facilitate classroom procedures

**Scuba**- year long course, must be able to swim 20 laps continuously, bookwork required, open water certification obtained at end (optional \$150 fee for cert.)

**JROTC 1/2**- military drill and ceremonies, marching, team sports and team building activities, leadership development, individual wellness and fitness exercises

**P.O.W.E.R**- year long course, need to apply, student mentors are partnered with students with special needs

## Sophomores going to be Juniors

You can pick 2 of the following semester courses. You may pick the same course twice and may take courses several times during your 4 years. If the course is a year- long course you can only pick that one course.

### Fitness Based

**Total Body Conditioning**- every day is different. 2 days cardio, 2 days weights/toning, 1 day yoga. Self- defense, kickboxing, yoga, Zumba, just dance, exercise balls, stations, step aerobics, etc

**Cardio/Strength**-1-2 day strength, 1-2 days cardio in weight room

**Athletic Development**- sport specific workouts in weight room for ABS athletes

**Yoga**-fitness based that will improve strength, flexibility, and mental health

### Sport Based

**Individual and Lifetime Sports**- activities include racket sports, archery, and golf

**Competitive Sports**- activities include rugby, soccer, basketball, floor hockey

### Other

**Dance 1 / 2**- Ballet, Jazz, and Fitness/ Adv. Jazz, Hip Hop, and Fitness

**Outdoor Ed**- year long course, rollerblade, bike, climbing, kayaking/ canoeing, team building- no team sports!

**JR Leadership**- year long course, prerequisite to senior leadership, officiate sports, introduce classroom management

**Scuba**- year long course, must be able to swim 20 laps continuously, bookwork required, open water certification obtained at end (optional \$150 fee for cert.)

**JROTC 1/2**- military drill and ceremonies, marching, team sports and team building activities, leadership development, individual wellness and fitness exercises

**P.O.W.E.R**- year long course, need to apply, student mentors are partnered with students with special needs