

PHYSICAL EDUCATION DEPARTMENT

NOTE: Students will take two years of P.E. Freshmen students will take P.E. 1 during their Freshman year, and P.E. 2 will be taken during their Sophomore year. Elective classes may be taken during a student's Junior or Senior year. Students should see their instructor for a copy of the PE Department's Student Expectation Guide for specific dress code requirements and grading policy.

PHYSICAL EDUCATION 1 - Required for all Freshmen

Students will develop competency in movement skills and patterns in the areas of individual and dual activities and rhythms/dance. Students will gain knowledge of the components of health-related physical fitness and participate in a variety of activities which will allow them to maintain and assess personal levels of physical fitness. Students will take responsibility for their role in creating a safe environment for physical activity while recognizing the role of cooperation and positive interactions with others when participating in physical activity. This course will include both written and physical assignments.

PHYSICAL EDUCATION 2 - Required for all Sophomores

Students develop proficient movement skills in combatives, gymnastic/tumbling, and team activities; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. Students will take responsibility for their role in creating a safe environment for physical activity while recognizing the role of cooperation and positive interactions with others when participating in physical activity. This course will include both written and physical assignments.

WEIGHT TRAINING AND CONDITIONING

Prerequisite: Physical Education 1 and 2, or permission of instructor

This course is designed for muscular strength and endurance, agility, speed, muscle toning, and general all around fitness. Activities will include weight training and aerobic conditioning (walking, jogging, etc.).

INDIVIDUAL & TEAM SPORTS

Prerequisite: Physical Education 1 and 2, or permission of instructor

The course is designed for students who enjoy participating in sports and would like to improve their skills in a variety of competitive individual and team sports. This class is geared towards helping students develop more physical skills in their favorite sport(s) including tennis, track and field, cross-country, soccer, basketball, volleyball, and others. Students will set and attain goals to reach improvement in the sport(s) of their choosing.

ADVANCED CONDITIONING – GIRLS

Prerequisite: Physical Education 1 and 2, or permission of instructor or be a member of an interscholastic athletic team.

This course will emphasize advanced techniques in muscular strength development and cardiovascular endurance. Activities will include Olympic weight lifting, power weightlifting, plyometrics, and high intensity aerobic conditioning.

ADVANCED CONDITIONING – BOYS

Prerequisite: Physical Education 1 and 2, or permission of instructor or be a member of an interscholastic athletic team.

This course will emphasize advanced techniques in muscular strength development and cardiovascular endurance. Activities will include Olympic weight lifting, power weightlifting, plyometrics, and high intensity aerobic conditioning.

FITNESS & FLEXIBILITY

This course is designed to introduce students to the basic postures, breathing techniques, and relaxation methods of yoga and Pilates. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life. Students will also develop proficient movement skills in rhythms/dance activities. Circuit and interval training utilizing strength bands, exercise balls, aerobic steps, and weights will be incorporated to further the benefits of muscle toning. The aim of this course is to promote flexibility, muscle toning and endurance.

