

# Physical Education

## Graduation Requirements

Class of 2006 needs 31 credits  
Class of 2007 needs 30 credits

Class of 2008 needs 29 credits  
Class of 2009 needs 28 credits

### Required Class 9<sup>th</sup> Grade PE

#### 1000 9<sup>th</sup> Grade Physical Education

##### In This Class Will:

- Be Tested in the Presidential Physical Fitness
- Participate in Team Sports, including Soccer, Basketball, Football, LaCrosse Volleyball, Floor Hockey, and Softball.
- Participate in individual sports including Table Tennis, Badminton, and Tennis

##### Accreditation Target Goal Components:

**Writing:** Students will utilize Type 1 and 2 writing skill on various topics

**Math:** Graphs and percentage tables utilized in Presidential Physical Fitness

**Career Development:** Students exposed to Health and Wellness professions such as Personal Trainer, Coach, or Instructor.

#### 1005 Advanced Physical Education (10-12)

##### In This Class Will:

- be Tested in the Presidential Physical Fitness
- activities are played at a higher skill level
- participate in leisure Sports, including Soccer, Basketball, Football, LaCrosse Volleyball, Floor Hockey, and Softball
- participate in individual sports including Table Tennis, Badminton, and Tennis

##### Accreditation Target Goal Components:

**Writing:** Students will utilize Type 1 and 2 writing skill on various topics

**Math:** Graphs and percentage tables utilized in Presidential Physical Fitness

**Career Development:** Students exposed to Health and Wellness professions such as Personal Trainer, Coach, or Instructor.

#### 1011 Recreational Physical Education (10-12) In recreational physical education the students will learn about and participate in a variety of individual, life-long activities.

##### In this class the student will:

- Learn how to weight lift and develop an individual weightlifting program.
- Learn the values of and participate in a cardiovascular fitness program.
- Learn and employ an understanding of game rules and fundamentals for a variety of individual and or team sports.

##### Accreditation Target Goal Components

**Writing:** Students will utilize type one and two writings in response to prompts pertaining to our study of various individual sports.

**Math:** Students will practice practical math skills in connection with weight-lifting, cardiovascular fitness, and bowling in particular.

**Career Development:** Students will explore a variety of careers connected to physical education, physical fitness, and athletic training.

**1015 Weight Training (10-12)**

Description of Course: Students will learn all the major muscles of the body, and will develop an exercise program to train those muscles groups. Students will weight train and condition for four days a week, with one day devoted to nutrition, vitamin supplementation, and the latest trends in fitness.

**1432 Aerobics/Fitness Walking:** (10-12) Students will participate in dance/step aerobics routines utilizing hand weights, medicine balls and resistance bands choreographed to a variety of routines. Stability balls will also be used to build strength, develop flexibility and promote grace and balance.

**In this class the student will:**

- Learn how to monitor their heart rate, learn about target heart rates and how they relate to sound cardiovascular fitness.
- Participate in all step/dance/toning workouts.
- Race walk (performance walking) a 12-minute mile.
- Understand the correlation between body weight, body fat and overall good health and fitness.
- Be able to explain how calorie input/output and basal metabolic rate affect weight gain, loss or equilibrium.
- Feel **great** as you get leaner, stronger and have more endurance!

**Accreditation Target Goal Components:**

**Writing:** Students will improve their writings skills as they explain in essay form how target heart rates being elevated for a sustained amount of time increase cardio-vascular fitness, ECT.

**Math:** Students will calculate how many calories their bodies need daily to sustain their present weight, or to lose or gain weight. Students will also graph their target heart rates and analyze their personal data as it relates to fitness.

**Career Development: Students** will explore careers in the health, fitness and education industry.