

PHYSICAL EDUCATION DEPARTMENT			
COURSE	#	GRADE	PREREQUISITE
Introductory P. E. 9	Boys PE7531/PE7532 Girls PE7541/PE7542	9	Proper gym clothes and tennis shoes
Introductory P.E.	PE7591/PE7592	10 - 12	Proper gym clothes and tennis shoes
Strength Training & Conditioning I, II, III	PE7551/PE7552 PE7561/PE7562 PE7571/PE7572	9 - 10 10 - 12 10 - 12	Prerequisites are specified under each course description.
Swim I, II, III, IV	PE7601 1 st sem PE7602 2 nd sem	9 - 12	I & II: Proper swim suit and towel III: Passed I&II/Teacher Approval (Test) IV: Passed I, II&III/Teacher Appv. (Test)
Team & Individual Sports	PE7701/PE7702	10 - 12	High skill level, competitive concepts and knowledge
Physical Education Aide		10 - 12	*Written teacher approval

REQUIRED

INTRODUCTORY P.E. 9 Boys PE7531/PE7532 GRADE 9 FULL YEAR
Girls
PE7541/PE7542

or

INTRODUCTORY P.E. PE7591/PE7592 GRADE 10 - 12 FULL YEAR
(All)

Emphasis is on learning how to play various games and participate in a variety of activities at a recreational level. Content will include district fitness testing, conditioning, team and individual sports or activities. Units may include touch football, basketball, volleyball, floor hockey, swimming, softball, jogging, tennis, badminton, table tennis, shuffleboard, aerobics and pickleball. Gym shoes and clothes are required.

ELECTIVES

STRENGTH TRAINING PE7551/PE7552 GRADE 9 - 10, 11 FULL YEAR
& CONDITIONING I with instructor approval

This course is designed to help any athlete reach their potential regardless of sport or gender. Students will learn how to properly use strength training in conjunction with plyometrics, flexibility training and agility training to gain the winning edge in their sport(s).

Students will master the safe use of weight equipment and help others to reach their potential. Students will chart their progress throughout the year and measure their improvement. This course is for freshmen or beginning lifters.

PREREQUISITE: none, most beneficial for athletes.

STRENGTH TRAINING & CONDITIONING II & III	PE7561/PE7562 (II) PE7571/PE7572 (III)	GRADE 10 - 12, 9 with instructor approval	FULL YEAR
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These courses are the continuation of Strength Training & Conditioning I. Students will stay on the path provided in ST & C I and more sport specific activities will be added. Students will also explore leadership and team principles as they apply to sport and life.

PREREQUISITE: Strength Training and Conditioning I or instructor approval.

TEAM & INDIVIDUAL SPORTS (Fall)	PE7701	GRADE 10 - 12	SEMESTER
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Class offered the fall semester. Emphasis will be on the competitive skill and not recreational. Fall offerings may include: tennis, softball, flag football, badminton, pickelball, floor hockey, and may include some swimming and weight training.

TEAM & INDIVIDUAL SPORTS (Spring)	PE7702	GRADE 10 - 12	SEMESTER
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Class offered the spring semester. Emphasis will be on skill level and not recreational participation. Spring offerings may include: softball, tennis, soccer, volleyball, pickelball, ping-pong, swimming and weight training.

SWIMMING	PE7601	GRADE 9 - 12	FIRST SEMESTER
	PE7602		SECOND SEMESTER

SWIM I

Introduction to various swim skills. Students would receive basic skill instruction in the front crawl, back crawl, elementary backstroke, breast stroke, sidestroke and treading water. Students would work on basic mechanics of these strokes and endurance through instructional time and times swims. Must provide own swimsuit and towel. (One piece lined swimsuit for girls and a lined swimsuit, not shorts, for boys.)

SWIM II

Course offered as a progressive skill level class. Students would be expected to improve mechanics of strokes introduced during Swim I. Students would also be expected to improve speed and endurance during timed swims. Must provide own swimsuit and towel. (One piece lined swimsuit for girls and a lined swimsuit, not shorts, for boys.)

SWIM III

A more advanced class. Students must have passed Swim I and II or be waived by testing from the swim instructor. The class will offer review, instruction and testing of all previous swim skills from Swim I

