

## PHYSICAL EDUCATION

**061 PHYSICAL EDUCATION I** Semester ½ Credit 9

**Note: REQUIRED for GRADUATION.**

This required semester course emphasizes essential skill development on specific individual and team skills and lifetime fitness. Skill development will be emphasized in basketball, badminton, field hockey, flag football, soccer, softball, volleyball, and fitness. Students are graded on class participation, effort, uniform, and written tests.

**062 HEALTH** Semester ½ Credit 10,11, 12

**Note: REQUIRED for GRADUATION.**

This required semester course will enable students to better assess their physical, mental, emotional and social health. Students will acquire the skills needed to make decisions, set goals and analyze health related information. Course content areas will include: physical health, nutrition, mental health, relationships, reproductive health and human sexuality.

**063 PHYSICAL EDUCATION III** Semester ½ Credit 11,12

**Note: REQUIRED for GRADUATION**

This is required semester course emphasizes essential skills from PE I into game play. Game play is emphasized in the units of basketball, badminton, field hockey, flag football, soccer, softball, and volleyball. This course will also spend time learning about fitness through exercising different parts of the body. Students are graded on class participation, effort, uniform, and written tests.

**064 P.E. LEADERSHIP** Semester ½ Credit 11,12

**Prerequisite: Teacher recommendation**

This **ELECTIVE** course is designed for those who will help the physical education instructor. Students must be recommended by faculty members and demonstrate leadership qualities. This course is designed to develop necessary skills for officiating games, analyzing skills, and leading students in safe class activities. Students will use these skills by completing tasks given by the teacher.

**068 PHYSICAL EDUCATION AIDE** All year ½ Credit 12

**Prerequisite: Senior standing, approval by the P.E. Department Chairperson, AND successful completion of PE Leadership course.**

Some assignments of the assistant will be to prepare materials for physical education classes, help the instructor in directing class activities, and perform other duties. The student will always work under the direction of the teacher during assigned class time.