

PHYSICAL EDUCATION

Physical Education 1

344100CW

Grades 9–12

1 unit CHE credit

This course satisfies the graduation requirement for physical education and emphasizes personal fitness and lifetime activities. Students evaluate their present fitness level through assessment procedures learned in class and use this data to develop a personal fitness program. Through their personal fitness program and class fitness activities, students work toward meeting current health-fitness standards.

Physical Education 2

344200CW

Grades 10–12

1 unit

Prerequisite: Physical Education 1 or JROTC I

This course focuses on personal fitness, higher skill development, and lifetime physical activity. It is designed for motivated students who want to improve their physical fitness in areas including muscular strength and endurance, cardiovascular fitness, and flexibility, as well as engage in various types of sports and skill training. *Student athletes should sign up for Physical Education 3 and 4 when available.*

Unified PE

344201CW

Grades 10–12 (GHS, PHS, WKHS, RBHS)

1 unit

Grades 11–12 (LHS)

Prerequisite: Physical Education 1 or JROTC I

This course may not be used in lieu of Physical Education 1 to satisfy the graduation requirement. This course is a training course for Special Olympics, focusing on partnering general education students with students participating in Special Olympics in an effort to prepare for competition. An application is required and may be picked up in the School Counseling and Advisement Office.

Physical Fitness and Weight Training 1

349900CW

Grades 10–12 (GHS, PHS, LHS, RBHS)

1 unit

Prerequisite: Physical Education 1 or JROTC I

This course is designed for motivated students who want to improve their personal fitness. *Student athletes should sign up for Physical Education 3 and 4 when available.* Physical training (weight training and conditioning) is the focus of the class with emphasis on the proper development of weight-training techniques and improving the students' physical fitness (cardiovascular fitness, muscular endurance, muscular strength, flexibility and body composition). Assessment is based on participation, student improvement, and knowledge of technique and safety.

Physical Education 3

344300CW

Physical Education 4
Grades 10–12

344400CW
1 unit

Prerequisite: Student Athletes; Physical Education 1 or JROTC I

This course is designed to provide highly motivated student-athletes with more intensive sports specific training. The class resembles Physical Fitness and Weight Training 1 but offers instruction at a more advanced level. Assessment is based on participation, student-athlete improvement, and knowledge of technique and safety.

Marching Band with Physical Education 1

450831CW

Grades 9–12

1 unit CHE credit

Students who participate in Marching Band can choose to also enroll in this course in order to earn the graduation requirement credit for Physical Education. Students will complete activities and assignments that meet the Physical Education 1 standards and indicators. Students will be tested for fitness level at the beginning and end of the course as required by the Student Health and Fitness Act.