
PHYSICAL EDUCATION

Philosophy

Designed to meet exit outcomes which will prepare students for a lifetime of healthful and enjoyable activity and to better alleviate the stress of the modern workplace, the high school physical education program provides a variety of experiences of not only psychomotor but also of cognitive and affective value.

PERSONAL CHALLENGE

Code: P303 Full Year (9)

Must have completed: None

Topics include:

- Activities involving risk taking/adventure
- Individual and group decision making/problem solving
- Cooperation
- Team work
- Physical fitness
- Self esteem
- Trust development
- Leadership
- Communication skills
- Overcoming individual differences

NOTE: This course is based on the principles of Project Adventure and Project Team.

There are no medical excuses for Personal Challenge. Alternative measures of class participation will be accepted in lieu of physical activity (i.e., note taking, group work, serving as data recorder, etc.)

HEALTHY LIFESTYLES

Code: P313 Full Year (10)

Must have completed: None

Topics include:

- The basic understanding of the anatomy and physiology of the systems of the human body
- The components of fitness
- The relationship to health
- Measurement and assessment
- Flexibility
- Cardiovascular fitness
- Muscular strength and power
- Muscular endurance
- Body composition
- Nutrition
- Training for sports
- Personal goal setting and program design
- Stress management
- Possible CPR

LIFETIME PE

Code: P333 1st Semester(11-12)

P334 2nd Semester

Must have completed: None

Topics include:

- Golf
- Tennis
- Racquetball
- Personal fitness
- Jogging/Walking
- Aerobics
- Weight training
- Bowling
- Badminton
- Volleyball
- Archery
- Recreational games
- LaCrosse
- Team Handball
- European Handball
- "Teaching Games"

NOTE: The above activities will be chosen quarterly.

All class failures will be made up the following year, or may be made up in summer school. Students will not be allowed to double up on physical education classes until their senior year. Additionally, all students needing more than two years of physical education upon entering their senior year must go to summer school in order to graduate. A student may not take 3 full years of physical education in one year.