

# Physical Education

## Requirements:

- Physical Education I
- Physical Education II or III

Courses Offered	9	10	11	12
Physical Education I	•			
Physical Education II		•	•	
Physical Education III			•	
Physical Education IV - Sports			•	•
Physical Education V - Walking			•	•
Physical Education VI - Weights			•	•
Advanced PE for Athletes	•	•	•	•

## Physical Education I REQUIRED COURSE

Grade 9

1 Trimester | ½ credit

A required course for all freshmen girls and boys. This course aims at developing and educating the individual through a variety of physical activities. Emphasis is placed upon developing a solid foundation involving individual and team activities. Some activities are presented in a coeducational manner. State Health Drug Education requirements will also be presented.

## Physical Education II REQUIRED COURSE

Grades 9, 10

1 Trimester | ½ credit

A required course for all freshmen girls and boys. This course aims at developing and educating the individual through a variety of physical activities. Emphasis is placed upon developing a solid foundation involving individual and team activities. Some activities are presented in a coeducational manner. State Health Sex Ed requirements will also be presented.

## Physical Education III

Grade 10

1 Trimester | ½ credit

**Prerequisite:** Successful completion of Physical Education I.

This class is a continuation of activities and skills learned in PE I and PE II. In addition, this class is designed to promote better health choices, and to develop skills necessary to be successful in lifetime sports and fitness activities. Some activities are presented in a coeducational manner. State Health HIV Education will also be presented. A small fee will be required for a few P.E. activities.

## Physical Education IV

Grades 10, 11, 12

1 Trimester | ½ credit

## Team & Individual Sports

**Prerequisite:** A grade of C or better AND a citizenship of S or better in all PE electives previously taken.

This course is designed for the male or female student who would like to participate in a continuation of team and individual sports. This class will include game variation of popular team and individual sports. Students will be expected to dress and participate daily. Students will also be completing a RepReps course to begin the process of becoming a MHSAA certified official in various sports depending on the trimester.

## **Physical Education V**

Grades 10, 11, 12

1 Trimester | ½ credit

### **Walking**

**Prerequisite:** A grade of “C” or better and a citizenship of “S” or better in all PE electives previously taken.

Power walking has been proven to be one of the best all-around aerobic activities a person can do over an extended period of time to promote wellness. This class will teach students the skills necessary to make healthy lifestyle choices. This course will emphasize lifelong fitness by combining aerobic power walking with various cardiovascular activities.

## **Physical Education VI**

Grades 10, 11, 12

1 Trimester | ½ credit

### **Weight Training & Conditioning**

**Prerequisite:** A grade of “C” or better and a citizenship of “S” or better in all PE electives previously taken.

This course is designed for the male or female student who would like to improve his/her physical strength through weight training. Emphasis will be on proper lifting and conditioning techniques. Conditioning, agility, and endurance will be included. Students should have a positive attitude towards weight training and conditioning.

## **Physical Education VII**

Grades 9, 10, 11, 12

1 Trimester | ½ credit

### **Advanced P.E. for Athletes**

**Prerequisite:** A grade of C or better AND a citizenship of S or better in all PE electives previously taken. In addition, each student must obtain written permission from a PE Instructor or Head Coach to enroll in the course.

This course is designed for the female and male athlete who wants to participate in an intense, structured weight training and conditioning program. This class is structured around a customized weight training program which has been designed to improve athletic ability in all sports. All students will be required to participate in all segments of the weight training as well as speed/agility training.