

Physical Education

Prerequisites: Open to all levels

Level: 9th grade - 12th grade

Credits: 0.5 – Physical Education

Additional: This course is accepted as a physical education credit for h.s. graduation
This course is accepted as an elective credit for college admission
This course is not accepted as a credit by the NCAA

Course Description

Physical Education offers students an opportunity to enhance the capabilities of both their minds and bodies. Students will get physical exercise while also understanding concepts of fitness and the games they are playing throughout the semester.

Course Outline

Fitness Gram	Golf
Ultimate Frisbee/Football	Yoga
Hockey	Weight Lifting
Frisbee Golf	Basketball
Badminton	Pickleball
mat Ball	Lacrosse
Handball	Cross fit
Soccer	

Teaching Methods

This class is taught through student participation, lecture, written and physical tests.

Assessment

Student participation which includes effort, physical and mental, proper dress, and written test on units we have in class. We will also do a Fitness gram Test which will be a physical fitness test.