

PHYSICAL EDUCATION

<u>COURSE TITLE</u>	<u>UNITS</u>	<u>GRADES OFFERED</u>
<u>Required</u>		
Physical Education	.5	9
Physical Education	.5	10
Project Adventure (Optional PE requirement). Physical Education (as space permits)	.5	10 11 12

Students will be required to pass 3 years (or 6 semesters) of physical education for high school graduation. All students must take physical education each year until the requirement is fulfilled.

Physical Education – Grade 9

.5 Unit, 5 Periods

Students will be encouraged to develop an optimum level of health-related physical fitness, acquire knowledge of fitness concepts, and understand the significance of lifestyle upon one’s health and fitness. The course will also provide an overview of physical education activities available in the instructional program.

Physical Education- Grade 10

.5 Unit, 5 Periods

Students are offered a wide range of individual, dual, and team activities in a coeducational program that emphasizes lifetime sports and health related fitness. Selection of activities by students will provide opportunities to further refine specific sports skills.

Elective – Physical Education – Grades 11 and 12 (as space permits)

.5 Unit, 5 Periods

Students are offered a wide range of individual, dual, and team activities in a coeducational program that emphasizes lifetime sports and health related fitness. Selection of activities by students will provide opportunities to further refine specific sports skills.

Project Adventure/PE

.5 Unit, 5 Periods

Project Adventure is an adventure-based program available to students as an alternative for the physical education experience. The program is as an indoor-outdoor experience that uses a variety of challenges and rope courses in a non-competitive and problem-solving atmosphere. Credit is awarded at .5 units per semester.