

Physical Education

Requirements:

- **Physical Education I**
- **Additional .5 Credit of Physical Education**

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	•	•	•	•
Personal Development	•	•	•	•

Personal Development

Grades 9, 10, 11, 12

1 Trimester | .5 credit

This course is designed to introduce students to the skills and knowledge necessary for understanding themselves and better managing their lives. The emphasis will be on students applying these skills to help them make sound decisions regarding their physical, mental, emotional, and social health and wellness. Some areas for study will include nutrition/healthy baking, walking, building healthy relationships, enhancing self-esteem, and mental/emotional health.

Physical Education I Required Course

Grade 9

1 Trimester | .5 credit

This is a required course for all freshmen. 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 and sex education requirements will also be presented. State health HIV education will also be presented.

Physical Education II

Grades 9, 10

1 Trimester | .5 credit

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 | .5 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. A small fee will be required for a few PE activities. Financial assistance is available.

Physical Education IV (Team & Individual Sports)

Grades 10, 11, 12

1 Trimester | .5 credit

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 (Walking)

Grades 10, 11, 12

1 Trimester | .5 credit

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 (Weight Training & Conditioning)

Grades 10, 11, 12

1 Trimester | .5 credit

This course is designed for the 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 (Advanced P.E. for Athletes)

Grades 9, 10, 11, 12

1 Trimester | .5 credit

This course is designed for the 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.