

WELLNESS

PHYSICAL EDUCATION COURSES

LIFELONG FITNESS UNLEVELED

GRADES 9 – 10 (Semester) 2.5 CREDITS GRADES 11 – 12 (Semester)

This course will be less team centered and more individual centered to support student fitness into adulthood. Students will learn a variety of games and activities such as tennis, golf, aerobics, bocce, horseshoes, croquet, badminton and volleyball. Students will be assessed on game/activity knowledge and real-world application.

COMPETITIVE GAMES UNLEVELED

GRADES 9 – 10 (Semester) 2.5 CREDITS GRADES 11 – 12 (Semester)

This course will develop student skills in a traditional physical education experience playing a variety of sports. Each unit will run two or three weeks. Students will be assessed on skill acquisition, sport rules, techniques, sportsmanship and important elements of play/game.

CROSSFIT (Semester) UNLEVELED

GRADES 11 – 12 2.5 CREDITS

This is a high intensity cardiovascular, strength and conditioning class would push students to help meet their personal health and fitness goals. This class can be modified to meet the needs and abilities of all students. This class will follow the traditional CrossFit model.

PERSONAL FITNESS (Semester) UNLEVELED

GRADES 11 – 12 2.5 CREDITS

This course is an Independent Study for students to explore their own personal fitness goals. With the help of the teacher, students will develop their own workout programs to fit the need of their personal fitness goals. Students may workout in the Fitness Center, in the gym, on the turf fields or the track.