

Physical Education



Our purpose in Physical Education is to promote lifelong learning in both the cognitive and physical domains. By motivation and encouragement, students will be introduced to a life of self-improvement and wellness. We strive to build positive self-esteem by teaching communication, cooperation and decision-making skills. These valuable life lessons will prepare students physically and mentally. Our philosophy is to encourage students to be active and fit in the moment and more importantly, to teach concepts, strategies and skills that allow students to be active for a lifetime.

Freshman Level: Required units for freshmen are fitness, group dynamics, and swimming. Other units of instruction may include: nutrition, basketball, badminton, volleyball, gymnastics, dance, weight training, wrestling, soccer, pickle ball, flag football, track and field, and softball.

Sophomore Level: Sophomore level is a fitness based curriculum to introduce, apply and practice fitness based concepts. The required units are fitness, group dynamics, and swimming. Other units may include: cardiovascular fitness, nutrition, muscular strength, muscular endurance, flexibility, body composition, and various wellness concepts.

Junior/Senior Level: This level continues focus on fitness concepts with an emphasis on overall wellness. Students will develop, apply and practice concepts to improve fitness levels. Students have a choice of the following year long courses that will enhance individual wellness: Strength and Conditioning, Adventure Education, Yoga, Stay Fit for Life, Dance, Advanced Basketball, Advanced Soccer, and Aquatics.

Physical Education Course Codes

P111 Integrated P.E.	P415 Advanced Soccer Female	P334 Strength & Conditioning Coed	P361 Adventure Education
P112 Adapted P.E. Year Long	P355 Dance 1	P335 Strength & Conditioning Female	P362 Advanced Adventure Education
P113 P.E. 1 Male	P356 Dance 2	P345 Stay Fit For Life	P349 American Adventure
P114 P.E. 1 Coed	P456 Dance 3	P348 Intro to Cardio Fitness	P313 Jr./Sr. Traditional Boys
P115 P.E. 1 Female	P218 Soph Leaders	P433 Advanced Strength & Conditioning Male	P314 Jr./Sr. Traditional Coed
P213 P.E. 2 Male	P318 Leadership (Training)	P434 Advanced Strength & Conditioning Coed	P315 Jr./Sr. Traditional Girls
P214 P.E. 2 Coed	P418 Leadership (Practicum)	P435 Advanced Strength & Conditioning Female	P327 Yoga Coed
P215 P.E. 2 Female	P251 Life Guard Training	P443 Specialty Weights 1	P427 Advanced Yoga Coed
P223 Weight Training Male	P351 Life Guard Training	P444 Specialty Weights 2 (Coed)	P423 Jr./Sr. Extreme Fitness Male
P224 Weight Training Coed	P323 Advanced Aquatic Training Male	P445 Specialty Weights 3	P373 Raquet & Net Games
P225 Weight Training Female	P324 Advanced Aquatic Training Coed	P354 Advanced Basketball	P374 Raquet & Net Games
P413 Advanced Soccer Male	P325 Advanced Aquatic Training Female		P375 Racquet & Net Games
P414 Advanced Soccer Coed	P333 Strength & Conditioning Male		

