

## PHYSICAL EDUCATION & HEALTH

### LIFETIME FITNESS & SPORTS

Grades: 9, 10, 11, 12

Length: One Semester

***Lifetime Fitness and Sports*** is a graduation requirement that teaches basic health concepts dealing with exercise, nutrition, and maintaining a healthy lifestyle. Daily fitness workouts along with sports and activities ranging from net/wall games, invasion games, aerobics, aquatics, resistance training, and more are used to improve the physical condition of the students. Students are expected to actively participate on a daily basis, and tests are given to measure both knowledge and physical progress.

### HEALTH & WELLNESS

Grades: 9, 10, 11, 12

Length: One Semester

***Health & Wellness*** is a graduation requirement that acquaints students with important aspects of total individual health. Areas of study include social, emotional, and physical health (which may include coping with loss & grief, mental illness, nutrition, weight control, substance abuse, reproductive health issues, disease prevention, and much more). Discussions, labs, projects, current events, and other active learning opportunities are also included. CPR certification may or may not be included in this program.

## **AEROBICS**

Grades: 9, 10, 11, 12

Length: One Semester

**Aerobics** provides a fitness class for students dedicated to personal improvement. Students will maintain or improve his/her cardiovascular endurance, muscular strength and endurance, coordination, and flexibility; while maintaining or developing a healthy body composition; and learn new training methods. Activities may include yoga, pilates, step aerobics, jazzercise, kickboxing, circuit training, the use of fitness equipment, and many more video-led and instructor led workouts. Understanding and application is assessed through aerobic presentations, write-ups, a mid-term project, and group exam video.

## **STRENGTH & CONDITIONING FOR PERFORMANCE**

Grades: 9, 10, 11, 12

Length: One Semester

**Strength and Conditioning for Performance** provides students with the opportunity to do serious weight training, speed training, and flexibility exercises, that are monitored and part of the bigger, faster, stronger individual athletic program. Students will also work on improving their skill level in their particular sport, (sport could be in or out of season), as well as be exposed to proper training and nutrition.

## **AQUATICS**

Grades: 9, 10, 11, 12

Length: One Semester

**Prerequisite:** [Basic swimming skills](#)

**Aquatics** engages students in a variety of swimming activities to improve cardiorespiratory endurance, improve swimming skills, and learn new aquatic fitness activities.

## **INDIVIDUAL & TEAM SPORTS**

Grades: 9, 10, 11, 12

Length: One Semester

**Individual & Team Sports** involves participation in a variety of Invasion games such as Indoor or Outdoor Soccer, Touch Football, Basketball, Team Handball, Ultimate Frisbee; Net/wall games such as Tennis, Badminton, Pickleball, Table Tennis; and Striking/fielding games such as Softball, Baseball, Cricket as well as other recreational games. Students improve their basic playing skills, acquire a better knowledge for game play and strategies, practice good sportsmanship and team play behavior, and improve their general fitness through participation. Understanding is assessed through written and skills tests in the areas of history, positions, strategies, scoring, rules, skills, drills, etc.

**F.A.S.S.T.- FLEXIBILITY, AGILITY, SPEED, & STRENGTH TRAINING**

Grades: 9, 10, 11, 12

Length: One Semester

**F.A.S.S.T.** is designed for students to work on techniques and exercises that will improve their flexibility, agility, speed, and strength as an athlete. The weight room will also be used to emphasize the importance of a quicker and faster athlete.