

# PHYSICAL EDUCATION



Our goal is to offer a diverse curriculum so that the students develop in mind, body, and spirit, the necessary skills to promote personal fitness. The objectives in this department are to develop coordination, teach the rules, techniques, and strategies involved in physical activities. Our aim is to present an instructional program in lifetime leisure sports and activities, and to encourage our students to attain and maintain a measurable level of physical fitness.

## PHYSICAL EDUCATION

<b>951 Physical Education One</b>	One Quarter
Grade: 9	Credit: .25
Prerequisite: None	
Students will participate in both individual and team sports, such as Volleyball, Water Polo, and Team Handball. They will also be tested in physical fitness, conditioning, and weight training. Each student will also maintain a daily journal of activities.	
<b>952 Physical Education Two</b>	One Quarter
Grade: 10	Credit: .25
Prerequisite: Physical Education One	
Students will participate in both individual and team sports, such as Flag Football, Water Polo, and Team Handball. They will also be tested in physical fitness, conditioning, and weight training. Each student will also maintain a daily journal of activities.	
<b>953 Physical Education Three</b>	One Quarter
Grade: 11	Credit: .25
Prerequisite: Physical Education Two	
Students will participate in both individual and team sports, such as Volleyball, Water Polo, and Team Handball. They will also be tested in physical fitness, conditioning, and weight training. Each student will also maintain a daily journal of activities.	
<b>954 Physical Education Four</b>	One Quarter
Grade: 12	Credit: .25
Prerequisite: Physical Education Three	
Students will participate in both individual and team sports, such as Basketball, Water Polo, and Team Handball. They will also be tested in physical fitness, conditioning, and weight training. Each student will also maintain a daily journal of activities.	