
PHYSICAL EDUCATION

Department Chair: Kevin Boley

Course Offerings:

Grade 9	<ul style="list-style-type: none">• Adaptive PE• Healthy Decisions• Dance and Fitness• Advanced Dance and Fitness• Individual Sports	<ul style="list-style-type: none">• Power Weights• Shape Up/Fitness• Strength & Conditioning• Team Sports
Grade 10	<ul style="list-style-type: none">• Adaptive PE• Athletic Training I, II• Dance and Fitness• Advanced Dance and Fitness• Healthy Decisions	<ul style="list-style-type: none">• Individual Sports• Power Weights• Shape Up/Fitness• Strength and Conditioning• Team Sports
Grade 11	<ul style="list-style-type: none">• Adaptive PE• Athletic Training I, II• Dance and Fitness• Advanced Dance and Fitness• Healthy Decisions	<ul style="list-style-type: none">• Individual Sports• Power Weights• Shape Up/Fitness• Strength and Conditioning• Team Sports
Grade 12	<ul style="list-style-type: none">• Adaptive PE• Athletic Training I, II• Dance and Fitness• Advanced Dance and Fitness• Healthy Decisions	<ul style="list-style-type: none">• Individual Sports• Power Weights• Shape Up/Fitness• Strength and Conditioning• Team Sports

All courses are fitness based. We will assess, monitor, and grade progress in four health related components of Physical Fitness. Students may not take more than two Physical Education courses in a semester.

Course Descriptions

75475 Adaptive P.E.

Credit: 0.5

Grades: 9, 10, 11, 12

Prerequisite: Teacher recommendation

This course is available to students who have *specific physical or health needs*. Class activities will include programs, which will help with motor skills and group interactions to provide a beneficial physical education experience.

55300 Healthy Decisions

Credit: 0.5

Grades: 9, 10, 11, 12

Prerequisite: None.

Kick off your high school career by learning how to make good choices on those critical health issues that you will face in the next four years and in your future! Explore everyday living aspects of nutrition and fitness; substance use and abuse; sexuality; relationships; and personal safety through practicing effective decision making skills. Learn them with your peers in a fun, fact-filled course.

75450 Dance & Fitness**Credit:** 0.5**Grades:** 9, 10, 11, 12**Fee:** \$20.00 for guest dance instructors**Prerequisite:** None.

This course introduces students to various dance forms and fitness activities. Students will learn the fundamentals of Hip Hop, Jazz, Lyrical, Modern, Ballet, and Yoga/Pilates. Students will improve muscular strength, endurance, flexibility, cardiovascular fitness, body composition, & core strength through various fitness activities. Students will learn the principles of choreography through a dance composition project.

75460 Advanced Dance & Fitness**Credit:** 0.5**Grades:** 9, 10, 11, 12**Fee:** \$20.00 for guest dance instructors**Prerequisite:** Teacher signature

This course will expand student's performance skills and knowledge of Hip hop, Jazz, Lyrical, Modern, & Ballet, and Yoga/Pilates. Students will improve muscular strength, endurance, flexibility, cardiovascular fitness, body composition, & core strength through various fitness activities. Students will develop knowledge of the choreographic process through a self-directed student choreography project.

75313 Individual Sports (Fall)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None.**Fee:** \$40

Students will be exposed to a variety of activities which may include skill development and participation in bowling, floor hockey, tennis, pickle ball, table tennis, badminton, golf, and hiking/mountaineering. This course will emphasize the enjoyment of sports and the need for continued involvement in a lifetime of fitness. Students will improve muscular strength, endurance, flexibility, cardiovascular fitness, body composition, & core strength through various fitness activities.

75314 Individual Sports (Spring)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None.**Fee:** \$40 for bowling & golf required if a participant.

Students will be exposed to a variety of activities which may include skill development and participation in bowling, floor hockey, tennis, pickle ball, table tennis, badminton, golf, and hiking/mountaineering. This course will emphasize the enjoyment of sports and the need for continued involvement in a lifetime of fitness. Students will improve muscular strength, endurance, flexibility, cardiovascular fitness, body composition, & core strength through various fitness activities.

75376 Power Weights (Fall)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** LHS PE Teacher signature

The objective of this class is to prepare athletes for athletic competition by increasing strength and power. It is open to both male and female athletes. It is designed to help athletes reach their full potential by using strength training, conditioning, speed development, plyometrics and nutrition. The class will be setup to help the in season and out of season athlete and will be sport specific within reason.

75377 Power Weights (Spring)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** LHS PE Teacher signature

The objective of this class is to prepare athletes for athletic competition by increasing strength and power. It is open to both male and female athletes. It is designed to help athletes reach their full potential by using strength training, conditioning, speed development, plyometrics, and nutrition. The class will be setup to help the in season and out of season athlete and will be sport specific within reason.

75322 Shape Up/Fitness (Fall)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None.**Fee:** \$20.00 for guest instructors

This course will teach how to get in shape and stay that way. Cardiovascular fitness, muscular endurance, muscular strength, flexibility, core strength, and coordination & agility will be stressed. Students will set, work towards, and assess personal fitness goals through participation in the following activities: dance aerobics, step aerobics, lightweight training, circuit training, various toning exercises, spinning, kickboxing, Yoga/Pilates, and stability ball training. Students will create and implement a personal fitness routine.

75323 Shape Up/Fitness (Spring)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None.**Fee:** \$20.00 for guest instructors

This course will teach how to get in shape and stay that way. Cardiovascular fitness, muscular endurance, muscular strength, flexibility, core strength, and coordination & agility will be stressed. Students will set, work towards, and assess personal fitness goals through participation in the following activities: dance aerobics, step aerobics, lightweight training, circuit training, various toning exercises, spinning, kickboxing, Yoga/Pilates, and stability ball training. Students will create and implement a personal fitness routine.

75350 Strength and Conditioning (Fall)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None.

This course will focus on health related fitness development in the areas of flexibility and muscular strength and endurance. This course is performance based, thus improvement will be measured every 4-6 weeks.

75351 Strength and Conditioning (Spring)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None

This course will focus on health related fitness development in the areas of flexibility and muscular strength and endurance. This course is performance based, thus improvement will be measured every 4-6 weeks.

75302 Team Sports (Recreation) (Fall)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None

This course will emphasize skill development, sportsmanship, team interaction, and strategy in a recreational setting. Sports may include soccer, basketball, speedball, flag football, ultimate Frisbee, softball, floor hockey, pickle ball, tennis, badminton, and volleyball. This course will promote the enjoyment of sports within a lifestyle of fitness.

75303 Team Sports (Recreation) (Spring)**Credit:** 0.5**Grades:** 9, 10, 11, 12**Prerequisite:** None

This course will emphasize skill development, sportsmanship, team interaction, and strategy in a recreational setting. Sports may include soccer, basketball, speedball, flag football, ultimate Frisbee, softball, floor hockey, pickle ball, tennis, badminton, and volleyball. This course will promote the enjoyment of sports within a lifestyle of fitness.

75330 Athletic Training 1**Credit:** .5**Grades:** 10, 11, 12**Prerequisite:** None

This course is designed for students interested in athletic training (application process may apply at specific schools) accident prevention, injury evaluation, first aid care and CPR.

75340 Athletic Training 2**Credit:** 0.5**Grades:** 10, 11, 12**Prerequisite:** Successful completion of Athletic Training 1

This course builds on the concepts learned in Athletic Training 1. Students will develop advanced technique of athletic training and gain further knowledge of how to recognize and treat athletic injuries.