

Physical Education

Our goal is to prepare our students for life in our society. Our objectives are to give the students information and basic skills they will need for survival and longevity. We expect our students to go away with an understanding of and a positive attitude towards physical fitness and wellness. Our two years of required Physical Education (PE) are divided into two programs—PE 9 core and PE 10 electives. The unit activities are instruction oriented and of two types—survival and carry-over life time activities. The survival activities are designed to give our students the knowledge and skills needed to have a healthy life. In the carry-over activities, we are attempting to expose our students to a variety of experiences, some of which they might pursue for a lifetime.

PE 9

Units	10
Grade	9
UC Requirement	N/A
CSU Requirement	N/A

Recommended: None. A basic course required of all freshmen, which includes instruction in beginning and intermediate skills, basic rules, history and etiquette in a variety of sports. To complete the program, a student must complete the objectives of an activity in each of the following areas: Individual—an activity in which the student performs without the need of another person; Dual—an activity in which a student competes against another student; Team—an activity in which a group of students compete against another group of students; Rhythmic—an activity in which movement is coordinated with music or a rhythmic beat; Aquatic—an activity which covers the basic skills of swimming; Wellness—fundamentals of good health practices are incorporated in activities.

PE 10

Units	10
Grades	10–12
UC Requirement	N/A
CSU Requirement	N/A

Recommended: PE 9. The PE 10 elective program is designed to allow choice in the selection of physical education activities. Emphasis is placed on refining basic skill and participation. The activities typically offered may include: aerobics, aquatics, archery, basketball, backpacking, badminton, body development, dance, golf, gymnastics, leadership, game management, pickle football, recreational games, ski conditioning, soccer, softball, tennis, track, ultimate Frisbee, volleyball, weight training, wrestling.

<p>PE Elective Units 10 Grades 10–12 UC Requirement N/A CSU Requirement N/A</p>	<p>Recommended: PE 9. The elective program is designed to allow individual choice in the selection of physical education activities. Emphasis is on the continued development of basic skills and carry-over activities.</p>
<p>Elective Options</p>	
	<p>Basketball: The course will enable students to gain knowledge of basic team basketball skills; dribble, pass, pivot screen, shoot for goal, goal keeping, understanding rules, understanding individual positions on the court.</p>
	<p>Dance – PE Elective: This course is designed to enable the student to expand their knowledge of the application of dance as a physical fitness option</p>
<p>Dance 1 Units 10 Grades 10–12 UC Requirement f <i>Cannot be used to fulfill the “g” College Prep Elective requirement</i> CSU Requirement VP</p>	<p>Dance 1 is based in jazz techniques and is open to all students. Students will also study ballet, modern, musical theater, and dances of different cultures. The specific goals of this course include: increased muscle control and body awareness, body alignment and placement, musical rhythms, dance techniques and terminology, dance sequences, ensemble dance, and choreography. Students will be required to maintain a written portfolio that will contain vocabulary handouts, musical critiques, and self-evaluations. Students are expected to perform in two dance concerts.</p>
	<p>Racquet Sports: This course is designed for students interested in developing skills in racquet sports. Emphasis is placed on refining skills, strategy and competitive doubles and singles play.</p>
	<p>Soccer: This course is designed for those students interested in developing skills in soccer. Emphasis is placed on refining skills and team playing</p>
	<p>Weight Training: This course is designed for those students interested in developing body strength for advanced sports skills.</p>