### PHYSICAL EDUCATION ELECTIVES

Students should complete 2 physical education credits for graduation. Students are encouraged to take elective credits in eleventh and twelfth grades.

#### PHYSICAL EDUCATION DESCRIPTIONS

**6001 Recreation and Leisure (11-12)**
This class offers exposure of choices for recreational and leisure lifetime activities. Activities include bocce ball, croquet, horseshoes, Frisbee golf, table tennis, darts, bowling, and shuffleboard. Students do not need to change clothes for this class.

**6002 Team and Life Sports (11-12)**
This course is designed to incorporate a full compliment of team sports and lifetime sports, with fitness and conditioning exercises being a part of all activities. Team sports will include track, football, softball, volleyball, ultimate team handball, soccer, and basketball and floor hockey. Lifetime sports will include badminton, tennis, golf, racquetball and table tennis. Emphasis in all areas is placed on advanced level skills and strategies. Students will be evaluated by demonstrating a knowledge of the rules and strategies of the activities through written exam (rules of play), skills testing, personal fitness assessment and teacher observations.

**6003 Nets & Racquets (11-12)**
Individual, dual, and team activities allow students to work on skills and fundamentals of sports that include a racquet and/or net. These activities include tennis, indoor volleyball, soccer, badminton, pickle ball, table tennis, floor hockey and, lacrosse.

**6004 Fitness and Officiating (11-12)**
This course is designed to provide an opportunity for students to get fit and at the same time learn skills to earn extra income. Students will learn the rules and officiating mechanics of volleyball, basketball, and baseball/softball. Upon completion of this course, students will be able to officiate at middle school, ninth grade and park and recreation programs. Student will be able to assist with 9th and 10th grade classes to practice officiating skills.

**6005 Weight Training (11-12)**
*Recommended: Successful completion of 9th and 10th grade physical education class*
This class is intended to teach the student how to use “free weights” and weight machines correctly and to enhance strength, physical fitness, decrease body fat, increase lean muscle mass, and mental discipline through individual weight training programs. This course is also designed for students who have had no experience in weight training but wish to learn about this area of fitness. It will also help all students to gain a better understanding of equipment used in order to become a more knowledgeable consumer.

**6006 Advanced Weight Training (11-12)**
This class is designed for the interested individual who wants to continue learning new training techniques and stay in shape. Student possess the desire and motivation to increase their strength, endurance, agility, flexibility. This class is a great way to increase your lean muscle mass and decrease your percentage of body fat. Get in shape, stay in shape, make the decision to change your lifestyle.

**6007 Special Education and Physical Education Assistant (11-12)**
*Prerequisite: Consent of instructor*
This course provides an opportunity for students to assist a physical education teacher in planning, teaching and coaching physically, mentally and emotionally handicapped students as they participate in sports, games and activities. Students learn how different handicapping conditions are analyzed to design the proper activities for each student. Students with a sincere interest in helping in this program should ask for more information from a physical education teacher.

**6016 Leadership In Sports (11-12)**
This course offers an opportunity for students to study leadership and what makes a person an effective leader. It will examine attitudes toward leadership throughout history and the evolution of the role of sports in the professional world we live in today. It will also examine women’s role in sports and the growth of female athletes since the passing of Title IX. We will focus on the high school and collegiate level but study all age ranges.

**6001 New Moves (11-12)**
This course is designed to introduce lifelong and individual activities into our students’ lives, as well as basic nutritional concepts and positive strategies for stress relief. It will focus on creating a comfortable environment for all students regardless of fitness or skill level, and it will promote participation in lifetime activities both in and outside of class. Students will also learn about numerous topics including, but not limited to the following, circuit training, aerobics, cardio-kickboxing, yoga, team building, stress relief, positive talk, proper nutrition, and improved self-image.

**6022 Advanced Team and Life Sports (11-12)**
This class is designed for students who have taken Team Sport and Lifetime Fitness and want to remain active and focus more on maintaining their fitness levels. This class offers high levels of competition in team and partner sports.