

# Physical Education

## Course Offerings by Grade

9th Grade	10th Grade	11th Grade	12th Grade
PE 9– Freshmen Phys Ed.	Team Sports	Team Sports	Team Sports
Summer Physical Education	Individual Sports 1	Individual Sports 1	Individual Sports 1
	Adventure Experience	Adventure Experience	Adventure Experience
	Exercise through Dance and Rhythms	Exercise through Dance and Rhythms	Exercise through Dance and Rhythms
	Personal Fitness	Health Education	Health Education
		Personal Fitness	Personal Fitness
		Coaching & Officiating	Coaching & Officiating
	Summer Physical Education	Summer Physical Education	Summer Physical Education

### Primary Career Clusters in Physical & Health Education

- Health Science
- Education

Health Sciences	Education
Health Education	Health Education
PE 9– Freshmen Physical Ed.	PE 9– Freshmen Physical Ed.
Team Sports	Team Sports
Individual Sports 2	Individual Sports 2
Adventure Experience	Adventure Experience
Exercise through Dance and Rhythms	Exercise through Dance and Rhythms
Personal Fitness	Personal Fitness
	Coaching & Officiating

## PHYSICAL EDUCATION

Mr. Matt Pfister, B.S. UW-LaCrosse  
Mr. Brad Knecht, B.S. UW-Oshkosh

### Freshman Physical Education

Course Code: PE9  
Grade: 9  
Prerequisites: None  
Course Length: One semester  
Course Credit: 0.5  
Offered: Each semester

#### *What you will learn in this course:*

Team building, rock climbing, flag football, dance, tennis, rollerblading, weight training, swim stroke development, volleyball, and fitnessgram physical fitness testing will also take place. During the semester, students will also be trained on how to give care using an AED in case of an emergency situation. Students will be given basic knowledge on how to assess an emergency situation to give proper care to an injured person.

#### *How you will learn in this course:*

Lecture and demonstration will be used to output knowledge. You will practice and actively participate to learn.

#### *Why this course is important:*

This course will teach you rules and proper technique of these physical activities. It will help you develop a vigorous, healthful lifestyle which includes appropriate activities, knowledge, and attitudes for all stages of life.

### Exercise through Dance and Rhythms

Course Code: PEEDR  
Grade: 10, 11, 12 males and females  
Prerequisites: none  
Course Length: One semester  
Course Credit: 0.5  
Offered: Each year

#### *What you will learn in this course:*

A variety of movements will be used to increase and maintain fitness. A pre and post fitness tests will be given so goals can be set individually. Modern dance used for workouts such as Zumba, Hip-Hop dancing, Aerobic, and Just Dance will be the primary focus along with Yoga. Other types of dance that may be taught and utilized are the following: Jitterbug, Ballroom (polka and waltz), Salsa, Merengue, Cumbia and Reggaeton, Line, Square, and Social (modern and couples dances).

#### *How you will learn in this course:*

Explanation and demonstration will be used to output knowledge. You will practice and actively participate to learn and enhance fitness.

#### *Why this course is important:*

This course will help to maintain or improve your fitness level along with giving you the basic knowledge to participate after high school in additional dance classes. You will acquire a body of knowledge about dance activity and its components and develop desirable attitudes and behaviors about dance and movement.

## Adventure Experience

Course Code: PEAEEX  
Grade: 10-12 males and females  
Prerequisites: None  
Course Length: One semester  
Course Credit: 0.5  
Offered: Each year

#### *What you will learn in this course:*

Students will experience outdoor and indoor challenges that promote health and fitness. Some of these activities include; preparation and planning for a ski trips (downhill and cross country) challenge course (rock climbing, low and high elements) rollerblading, mountain biking, kayaking, winter activities (ice skating, sledding) hiking and backpacking, orienteering and geocaching, paintball and disc golf.



#### *How you will learn in this course:*

Students will explore ways to plan outdoor adventures through the use of technology. Participation in pre challenge classes to prepare for the excursion will facilitate active learning and improve fitness.

#### *Why this course is important:*

Adventure education focuses mainly on activities that can be done for a lifetime. We stress lifetime because we want students to begin to think about and plan what they will do for fitness after high school.

### Individual Sports 1

Course Code: PEIS2  
Grade: 10-12 males and females  
Prerequisites: None  
Course Length: One semester  
Course Credit: 0.5  
Offered: Varies by year

#### *What you will learn in this course:*

Students will learn the rules and participate in a variety of individual sports. Tournaments and medium level competition will improve the students strategies and techniques. Students in the class will determine what units will be offered in the semester. Swimming stroke development, weight/Cardio room workouts, and pre and post fitness testing will be 3 of the 10 units that every individual sport class will be required to participate in. Other units may include: rock climbing, biking, badminton, pickle ball, tennis, golf, disc golf, bowling, recreational games, etc.

#### *How you will learn in this course:*

Lecture and demonstration will be used to output knowledge. You will practice and actively participate to learn. Technology with the use of heart rate watches, fitness apps, and iPads/Smart devices will also be used.

*Why this course is important:*

This course will teach you rules and proper technique of these physical activities. Most importantly, this course will help to maintain a healthy fitness level or improve fitness level along with providing an opportunity to participate in lifetime sports.

**Personal Fitness**

Course Code: PEPFI  
 Grade: 10-12 males and females  
 Prerequisites: None  
 Course Length: One semester  
 Course Credit: 0.5  
 Offered: Each year

*What you will learn in this course:*

Throughout the semester students will learn how different workouts can help their individual needs. Students will learn what a good workout plan looks like, learn about muscles and healthy eating to benefit from a workout, and be exposed to a variety of fitness opportunities that will include: cardio swim, weight room, fitness videos, speed/agility, cardio machines, and step aerobics. Pre and post fitness testing and the use of heart rate watches will be used to help students monitor fitness levels and achieve personal goals.

*How you will learn in this course:*

Lecture and demonstration will be used to output knowledge. You will create weekly and monthly workout plans that fit your personal needs to keep a healthy lifestyle. The use of technology will be incorporated to help set personal fitness plans and goals.

*Why this course is important:*

This course will teach you how to set up a detailed workout plan and stick to the plan. This is an introduction to valuing fitness and to maintain a healthier lifestyle. If you put the necessary effort into this class, you will leave feeling more confident and better about yourself. The end goal is for you to leave healthier and continue your fitness plans outside of class time.

**Personal Fitness Zero Period**

Course Code: PEPFZ  
 Grade: 10-12 males and females  
 Prerequisites: None  
 Course Length: 90 total days, meets Mon, Wed, and Fri from 6:30-7:30am or 6:45-7:45am  
 Course Credit: 0.5  
 Offered: Each year

*What you will learn in this course:*

Throughout the semester students will learn how different workouts can help their individual needs. Students will learn what a good workout plan looks like, learn about muscles and healthy eating to benefit from a workout, and be exposed to a variety of fitness opportunities that will include: cardio swim, weight room, fitness videos, speed/agility, cardio machines, and step aerobics. Pre and post fitness testing and the use of heart rate watches will be used to help students monitor fitness levels and achieve personal goals.

*How you will learn in this course:*

Lecture and demonstration will be used to output knowledge. You will create weekly and monthly workout plans that fit your personal needs to keep a healthy lifestyle. The use of technology will be incorporated to help set personal fitness plans and goals.

*Why this course is important:*

This course will teach you how to set up a detailed workout plan and stick to the plan. This is an introduction to valuing fitness and to maintain a healthier lifestyle. If you put the necessary effort into this class, you will leave feeling more confident and better about yourself. The end goal is for you to leave healthier and continue your fitness plans outside of class time. With this class meeting in the morning, it will allow you to take an additional course in your day if you wish to do so. More importantly, research has shown that getting a workout in before learning occurs helps you retain knowledge.

**Team Sports**

Course Code: PETSS  
 Grade: 10-12 males and females  
 Prerequisites: None  
 Course Length: One semester  
 Course Credit: 0.5  
 Offered: Each year

*What you will learn in this course:*

Students will learn the rules and participate in a variety of team sports. Tournaments and medium level competition will improve the students strategies and techniques. Sports included: football, softball, soccer, ultimate Frisbee, volleyball, water games, basketball, speedball/spasketball, and floor hockey. Pre and post fitness testing and the use of heart rate watches will be used to help students monitor fitness levels and achieve personal goals.

*How you will learn in this course:*

Lecture and demonstration will be used to output knowledge. You will practice and actively participate to learn.

*Why this course is important:*

This course will teach you rules and proper technique of these physical activities. It will help you develop a healthy lifestyle that includes physical and social health. Participating in these team sports, you will develop closer relationships with classmates and learn what it takes to participate as a teammate. The majority of these activities that you can continue playing in adult leagues in many communities.

**Coaching & Officiating**

Course Code: PECO  
 Grade: 11, 12  
 Prerequisites: None  
 Course Length: One semester  
 Course Credit: 0.5  
 Offered: 2017-2018

*What you will learn in this course:*

The first unit on coaching will expose you to a wide variety of skills and knowledge needed to coach at any level. The second unit will provide students with the knowledge and skills needed to acquire certification by the WIAA.

*Why this course is important:*

There is a great need for coaches and officials at the youth and high school levels. Often they are lay people with the knowledge only gained from their playing days. They have never been trained to organize and deal with young athletes. This course will help students be able to coach and/or officiate YMCA sports, recreation department sports, and other youth leagues.

**Health Education**

Course Code: PEAHL  
 Grade: 10-12  
 Prerequisites: None  
 Course Length: One semester  
 Course Credit: 0.5  
 Offered: Every year

*What you will learn in this course:*

This class will go in-depth about: remaining physically active and the importance; choices, consequences, and awareness of various types of drugs; how to make safe choices related to relationships with family, friends, and a significant other; mental/emotional health in dealing with stress, loss, violence, and ways to cope and relax with different situations; nutrition related to food labels, dieting, making healthy choices, and making meals/snacks; disease prevention related to finding information, vaccinations, and where to go to get help. Students will also be getting trained and certified in First Aid, CPR, and AED. These are the main topics for the class that will be covered along with other current event topics related to health.

*How you will learn in this course:*

Students will learn through lecture, activities, and projects. The main way of learning will occur through teacher and student led discussions about each main topic. Technology will also be infused into the class to promote learning. A few examples are: apps, heart rate monitors, computers/internet use, and pedometers.

*Why this course is important:*

As students become more independent, they need to be aware of the importance of making healthy choices throughout their entire lives. With independence comes choices and choosing to make healthy choices. This class will help provide knowledge to make healthy choices now and throughout their lives.

**Summer Physical Education**

Course Code: PESUM  
 Grade: 9-12  
 Prerequisites: None  
 Course Length: 6 weeks  
 Course Credit: 0.5  
 Offered: In summer

Students will receive instruction focusing on lifelong personal fitness along with instruction on a variety of sports and recreational activities.

This course meets for six weeks during the summer. Classes meet every day for an hour and a half. Students are required to log additional fitness hours every week.

***Students may only take 1.0 credits of Summer PE to fulfill the 1.5 required physical education requirement. All students must complete at least .5 credit during the school year.***

