

# PHYSICAL EDUCATION DEPARTMENT

**Title:** *PHYSICAL EDUCATION*

**Grade Level:** 9, 10, 11, and 12    **Credit:** One-Half    **Length of course:** One Semester

**Content:** Physical Education is a required course for all students at Sterling High School. Student must pass three credit hours or six semester of Physical Education. As a freshman, a student usually takes one semester of Physical Education and one semester of Health. As a sophomore, a student usually takes one semester of Physical Education and one semester of Driver's Education. Freshman and sophomores may, however, take Physical Education each semester if they wish. The coeducational program has an emphasis on lifelong physical activity and wellness with a major emphasis on personal physical fitness. Students will be exposed to various types of cardiovascular activities in a variety of settings. This will include use of technology (heart rate monitors, polar tri-fitt and new fitness machines). Students will also be exposed to the weight room, where they will learn a variety of methods of lifting and safety protocol that accompany those methods. While in the weight room the students will also be put on the BFS (Bigger, Faster, Stronger) computer lifting program. The course will also allow an opportunity for the students to participate in a full range of activities including, but not limited to, individual and dual sports, team sports, field sports and rhythms. The final aspect of the Physical Education course will be a classroom component that will teach the students about various fitness concepts and skills that will promote lifelong fitness, while also reinforcing all the other aspects of the Physical Education program. This course is designed to facilitate the acquisition of new knowledge and skills, create interest and appreciation of movement and fitness and the opportunity to discover the joy and needs of physical activity and fitness, all leading to the mental, physical, social and emotional well-being of the individual.

**Evaluation:** Students take a semester course of Physical Education for each ½ credit. During this time they rotate weekly through cardio activities, weight room, activity days and classroom days. Students are evaluated on daily participation, appropriate uniform, behavior, attitude, knowledge and skill. Since Physical Education is a participation based class all absences will affect their grades and students must make up missed days to earn back points. Uniforms include a PE shirt, shorts and tennis shoes. These official uniforms are available through the parent center at Sterling High School.

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