

PHYSICAL EDUCATION COURSES

Section: PYS001		Aerobics Fitness	
Grade: 9-12	All Year	Course offered at: CDO IRHS	
Prerequisites: None			
This class is designed to introduce the students to techniques of improving or maintaining their fitness for a lifetime. This includes cardiovascular health, muscular endurance, and flexibility. These concepts are taught using activities such as circuit training, aerobic dance, kickboxing, yoga, Pilates, fitness walking, fitness jogging, and other aerobic exercises.			Fee required

Section: PYS017		Aquatics	
Grade: 9-12	All Year	Course offered at: AHS	
Prerequisites: None			
This class is for all types of swimmers. Students will learn stroke development, first aid, water rescue, water polo, diving, and team sports during the colder months when the pool is not heated. Red Cross Water Instruction Standards will be used for swimming and students will work in ability level groups. Students will learn and practice basic skills, rules, and strategies in soccer, basketball, softball, volleyball, football and other sports and be able to fully participate in them. Evaluation will be based on participation, successful demonstration of specific sport skill, conditioning, test on rules, strategies, skills, team concepts and scoring. Spring semester will be more like a team sports class. Swimmers will not go into pool until April. Appropriate clothing for physical activity will be required.			Fee required

Section: PYS008		Basketball	
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS	
Prerequisites: None			
Students will learn strategies and skills in basketball and related basketball games, as well as officiating techniques. Techniques and fundamentals will be stressed through developmental games and incorporated into gameplay.			Fee required

Section: PYS003		Beginning Dance	
Grade: 9-12	All Year	Course offered at: AHS CDO	
Prerequisites: None			
Students will learn basic history, terminology, and technique in ballet, tap, modern, and various forms of jazz dance. Students will experience improvisation and performing on stage. Dance may be taken for P.E., Fine Arts, or elective credit. Students may also participate in a semester concert. Appropriate clothing for physical activity will be required.			Fee required

Section: PYS004		Intermediate Dance	
Grade: 9-12	All Year	Course offered at: AHS	
Prerequisites: <i>Teacher recommendation</i>			
This course is designed for the intermediate level dance student, focusing on technique, history, choreography, and performance of classical dance genres and contemporary dance genres. Class activities will include daily participation, written assignments, and performances. Students may also participate in a semester concert. Course may be repeated for credit.			Fee required

Section: PYS005		Advanced Dance	
Grade: 9-12	All Year	Course offered at: AHS CDO	
Prerequisites: <i>Teacher recommendation and/or audition</i>			
The students will learn advanced skills in dance and choreography in ballet, jazz, and modern dance. Students will teach combinations to the entire class and lead warm-ups when assigned. Students will experience improvisation and performing on stage. Advanced Dance may be taken for P.E., Fine Arts, or elective credit. Appropriate clothing for physical activity will be required.			Fee required

Section: PYS023		Performance Dance	
Grade: 9-12	All Year	Course offered at: CDO	
Prerequisites: <i>Auditions only</i>			
Students will perform complex movement in ballet, jazz, lyrical, modern, and tap. Students will be required to choreograph, improvise, and understand the elements of dance production. Performance Dance may be taken for P.E., Fine Arts, or elective credit. Appropriate clothing for physical activity will be required.			Fee required

Section: PYS012		Sports Conditioning	
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS	
Prerequisites: <i>None</i>			
Comprehensive strength training with focus on Olympic lifting and sports specific conditioning class designed to improve a student's athletic abilities including muscular strength, power, agility, endurance, speed, and flexibility. This course is recommended for the student-athlete.			Fee required

Section: PYS013		Advanced Sports Conditioning	
Grade: 10-12	All Year	Course offered at: CDO	
Prerequisites: <i>Weight Training or Sports Conditioning and instructor approval</i>			
Comprehensive conditioning classes only for advanced level. The classes are designed to improve the student's athletic skills including strength, power, agility, endurance, speed, and flexibility training.			Fee required

Section: PYSo15		Team Sports	
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS	
Prerequisites: None			
The team sports that will be taught each semester: volleyball, flag football, basketball, softball, etc. Individual/dual sports, such as badminton, tennis, racquetball, handball, golf, pickle ball, fencing, track & field, swimming, and archery may be added per teacher discretion. Skill development and physical conditioning are part of the curriculum. Sports taught will vary by location.			Fee required

Section: PYSo16		Tennis	
Grade: 9-12	All Year	Course offered at: IRHS	
Prerequisites: None			
Students will demonstrate the fundamentals of stroke development, individual and doubles positioning, terminology, rules, concepts, and strategies through participation in individual and doubles play situations.			Fee required

Section: PYSo07		Total Body Fitness	
Grade: 9-12	All Year	Course offered at: IRHS	
Prerequisites: None			
Students will experience activities that improve their fitness levels in areas such as cardiovascular health, muscular strength, muscular endurance, flexibility, agility, power, balance, speed, and endurance. These areas will be addressed through multiple exercise modalities that are modified, such as ladders, cone drills, weight lifting, jump roping, etc. This class is ideal for the student looking for a way to improve their fitness level, lose or gain weight, build muscle, and get in shape for the new sports season.			Fee required

Section: PYSo18		Tumbling & Stunts I	
Grade: 9-12	Semester	Course offered at: AHS	
Prerequisites: None			
This course provides students with knowledge and skill in tumbling and stunts. Students will progress from simple basics to more difficult and challenging skills. Tumbling, acrobatic moves, and partner skills will help build flexibility, balance, strength, agility, kinesthetic perception, rhythm, timing, and self-confidence. Students will progress at their own rate and learn the proper spotting techniques. Appropriate clothing for physical activity will be required.			

Section: PYSo19		Tumbling & Stunts II	
Grade: 10-12	Semester	Course offered at: AHS	
Prerequisites: Teacher approval & minimum skill level – front or back handspring, walkover, and straight-up extension			
This course is designed for students with extensive experience and skill in tumbling and partner stunts. Each student will work on advanced tumbling skills and advanced partner stunting to increase their strength, flexibility, timing, and kinesthetic perception. Students will also teach others on how to do the tumbling and stunting skills. Appropriate clothing for physical activity will be required.			

Section: PYS025		Volleyball	
Grade: 9-12	All Year	Course offered at: CDO IRHS	
Prerequisites: <i>None</i>			
Students learn advanced strategies and skills in volleyball and related volleyball games such as wallyball, and 3-on-3 competitions, as well as officiating techniques.			Fee required

Section: PYS021		Weight Training	
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS	
Prerequisites: <i>None</i>			
This course offers individualized weight training and conditioning programs.			Fee required