

PHYSICAL EDUCATION COURSES

Course: PYS001A/PYS001B		Aerobics Fitness
Grade: 9-12	All Year	Course offered at: CDO
Prerequisites: None		
<p>Aerobic Exercise improves overall fitness levels including but not limited to cardiovascular conditioning, lung function, muscle endurance, and flexibility. This course is designed to develop techniques for improving and maintaining fitness for a lifetime! In this course, students will...</p> <ul style="list-style-type: none"> • Participate in Zumba, step aerobics, kickboxing, interval training, and jump roping • Develop strength by participating in weight training with barbells, dumbbells, kettlebells, and medicine balls • Concentrate on flexibility, dynamic stretching, and explore different types of yoga, Pilates, tai chi, and barre • Learn the value of physical fitness, health, and nutrition 		Fee required

Course: PYS008A/PYS008B		Basketball
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS
Prerequisites: None		
<p>Basketball is all around us! Whether it's an NBA or WNBA game, a college rivalry, or a friendly game at the park, basketball is a year-round sport. Not only does playing basketball strengthen muscular endurance and improve balance and coordination, it develops self-confidence and lowers stress. In this course, students will...</p> <ul style="list-style-type: none"> • Improve fitness levels by learning and participating in basketball • Learn strategies and skills, as well as officiating techniques • Participate in basketball drills to hone skills • Develop communication skills to work more effectively as a team 		Fee required

Course: PYS003A/PYS003B		Beginning Dance
Grade: 9-12	All Year	Course offered at: AHS CDO
Prerequisites: None		
<p>Do you often find yourself listening to songs and dancing around the house? Do you dream of performing on stage in New York City? Do you want to learn to express yourself through rhythm and music? If you said YES to any of these questions, then Beginning Dance is just the course for you! Not only does dance help develop muscles, tone the body, and improve balance and coordination, dance is a BLAST! In this course, students will...</p> <ul style="list-style-type: none"> • Learn basic history, terminology, and techniques in ballet, tap, modern dance, and various forms of jazz dance • Experience improvisation • Develop performance skills • Perform on stage 		Fee required

Course: PYS004A/PYS004B		Intermediate Dance
Grade: 9-12	All Year	Course offered at: AHS
Prerequisites: <i>Teacher recommendation</i>		
Do you have experience with dance and want to continue your training? If so, Intermediate Dance is the class for you! In this course, students will...		Fee required
<ul style="list-style-type: none">• Improve their existing dance skills in various styles of dance including jazz, ballet, modern and improvisational• Focus on technique, history, choreography, and performance of classical and contemporary dance genres• Continue to develop performance skills and perform in a dance concert each semester		

Course: PYS005A/PYS005B		Advanced Dance	
Grade: 9-12	All Year	Course offered at: AHS CDO	
Prerequisites: <i>Teacher recommendation and/or audition</i>			
Take your dance moves to the next level in Advanced Dance! Enjoy challenging opportunities such as teaching combinations to the entire class and conducting warm-ups when assigned. In this course, students will... <ul style="list-style-type: none">• Focus on ballet-the foundation of all dances• Integrate elements of Modern and Lyrical Dance• Develop skills in jazz dance and integrate these skills into the study of Hip Hop• Learn advanced skills in modern dance• Continue to develop performance skills and perform in a variety of dance concerts over the course of the school year			Fee required

Course: PYS023A/PYS023B		Performance Dance
Grade: 9-12	All Year	Course offered at: CDO
Prerequisites: <i>Auditions only</i>		
Join the Dorado Dance Company and be a part of a group of dedicated dancers with a passion for expressing voice through creative movement and an eagerness to grow as performing artists. In this course, students will... <ul style="list-style-type: none">• Discover new interests in various dance styles• Grow as a dancer and choreographer• Build new friendships• Participate in all after-school dance rehearsals leading up to both the Fall and Spring required Dance Concerts.		Fee required

Course: PYSo12A/PYSo12B		Sports Conditioning
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS
Prerequisites: None		
Comprehensive strength training with a focus on Olympic lifting and sports specific conditioning improves an athlete's athletic abilities including muscular strength, power, and flexibility. In this course, students will... <ul style="list-style-type: none"> • Participate in sport-specific conditioning • Engage in activities designed to improve muscular strength, power, agility, endurance, speed, and flexibility • Learn fitness components, including body composition and nutrition 		Fee required

Course: PYSo13A/PYSo13B		Advanced Sports Conditioning
Grade: 10-12	All Year	Course offered at: CDO
Prerequisites: <i>Weight Training or Sports Conditioning and instructor approval</i>		
Advanced Sports Conditioning takes strength training to a higher and more challenging level. Comprehensive strength training with a focus on Olympic lifting and sports specific conditioning improves an athlete's athletic abilities including muscular strength, power, and flexibility. In this course, students will... <ul style="list-style-type: none"> • Participate in sport-specific conditioning • Improve muscular strength, power, agility, endurance, speed, and flexibility 		Fee required

Course: PYSo15A/PYSo15B		Team Sports
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS
Prerequisites: None		
Participating in physical activity helps develop healthy bones, joints, and muscles, as well as improved academic performance. Participating in Team Sports strengthens interpersonal skills, peer relationships, and increases positive self-esteem. In this course, students will... <ul style="list-style-type: none"> • Have an opportunity to participate in volleyball, flag football, basketball, and softball • Experience individual and dual sports, such as badminton, tennis, racquetball, handball, golf, pickle ball, fencing, track and field, swimming, and archery 		Fee required

Course: PYSo16A/PYSo16B		Tennis
Grade: 9-12	All Year	Course offered at: IRHS
Prerequisites: None		
Tennis, a lifelong sport, requires alertness, focus, and problem-solving skills, as well as strategic and tactical thinking. Not only does Tennis improve your mental fitness, but it also improves your physical fitness, including increasing aerobic capacities, lowering body fat, and improving muscle tone, strength, and flexibility. In this course, students will... <ul style="list-style-type: none"> • Learn about and demonstrate the fundamentals of stroke development • Experience individual and doubles positioning • Understand Tennis terminology, rules, concepts, and strategies through participation in individual and doubles play situations 		Fee required

Course: PYS007A/PYS007B		Total Body Fitness
Grade: 9-12	All Year	Course offered at: IRHS
Prerequisites: <i>None</i>		
<p>Interested in experiences that improve your fitness level in order to lose or gain weight, build muscle, and get in shape for the new sports season? If so, Total Body Fitness is the class for you! Join other students interested in taking their fitness to a whole new level! In this course, students will...</p> <ul style="list-style-type: none"> • Improve fitness levels, such as cardiovascular health, muscular strength and endurance, flexibility, agility, power, balance, speed, and endurance • Experience multiple exercise modalities that are modified, such as ladders, cone drills, weightlifting, and jumping rope 		Fee required

Course: PYS018A/PYS018B		Tumbling & Stunts I
Grade: 9-12	Semester	Course offered at: AHS
Prerequisites: <i>None</i>		
<p>Interested in developing skills in tumbling and stunts? Looking to improve your balance, strength, and agility? If so, Tumbling and Stunts I is the class for you. In this course, students will...</p> <ul style="list-style-type: none"> • Develop knowledge and skills in tumbling, stunts, and acrobatics • Progress from simple basics to more difficult and challenging skills • Build flexibility, balance, strength, agility, kinesthetic perception, rhythm, time, and self-confidence • Progress at their own rate and learn proper spotting techniques 		

Course: PYS019A/PYS019B		Tumbling & Stunts II
Grade: 10-12	Semester	Course offered at: AHS
Prerequisites: <i>Teacher approval & minimum skill level – front or back handspring, walkover, and straight-up extension</i>		
<p>Do you have extensive experience with tumbling and partner stunts? Would you like to advance your skills to a higher level? If so, Tumbling and Stunts II is the class for you! In this course, students will...</p> <ul style="list-style-type: none"> • Work on advanced tumbling skills • Engage in advanced partner stunting to increase strength, flexibility, timing, and kinesthetic perception • Teach other class members how to do tumbling and stunting skills 		

Course: PYSo25A/PYSo25B		Volleyball
Grade: 9-12	All Year	Course offered at: CDO
Prerequisites: <i>None</i>		
Playing volleyball helps to strengthen the upper body, arms, shoulders, thighs, abdominals, and lower legs. In addition, playing volleyball teaches you the value of hard work, dedication, persistence, and respect. In this course, students will... <ul style="list-style-type: none"> • Learn advanced strategies and skills in volleyball • Experience volleyball games, such as wallyball and 3-on-3 competitions • Develop skills in officiating techniques • Understand the value of physical fitness, health, and nutrition • Collaborate with team members on and off the court 		Fee required

Course: PYSo21A/PYSo21B		Weight Training
Grade: 9-12	All Year	Course offered at: AHS CDO IRHS
Prerequisites: <i>None</i>		
Weight Training is a comprehensive conditioning course designed to improve a student's athletic ability and athletic performance. In addition, weight training helps to increase muscle mass, bone density, and flexibility. In this course, students will... <ul style="list-style-type: none"> • Learn basic weight training and conditioning skills, concepts, and principles • Work with the Weight Training Coach to personalize weight training and conditioning programs 		Fee required