

# Physical Education Department

## Drivers Ed

Available for all students in grades 10-12. Students must have a Permit or be able to get one during the first 4 weeks of class. This course is certified to test students and help them get their Permit.

The class is split up with the first 4 weeks in the classroom improving students knowledge, the rest of the semester being out on the Driving Range working on their skill development.

Students can also take the Road Test in the class, making it so they don't have to take it at the DMV.

## Basketball I & II

The fundamentals of basketball (dribbling, passing, shooting) as well as gameplay (3v3, 4v4) are worked on throughout the year. Anyone interested in the game of basketball or those that just want to be active and have fun can take the class.

## Yoga

The purpose of the class is to teach some basic elements of yoga, to engage in the practice of these elements and to help find useful tools from the practice to attain a greater sense of well-being physically, mentally and emotionally. We will be learning about, discussing, and practicing these elements from yoga practice, philosophy and history. Some topics may include but not limited to:

- Mindfulness
- Breathing practices
- Balance
- Relaxation and stress relief
- Standing poses
- Forward bends
- Balance poses
- Corework

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## **Weight Training**

**This is a lifting class, and students will lift weights every day, without exception. Anyone can take this class if they want to lift weights throughout the year. This is a great class to get you started on a lifelong journey of fitness.**

## **Tennis**

**This course can be taken each semester of all four high school years for credit. Students learn the basic forehand, back hand, and volleying skills. They also learn the rules of tennis and how to score and play a singles and doubles match. The course ends with vta class singles and doubles tournament.**

## **HOPE**

**This is the state required physical education course. When taken at school, this course also meets the virtual requirement of one high school course that can be take online. The written part of the course-work is done in a virtual lab. Students meet in a lab two days a week, and dress out and do activities three days a week. Activities include, but are not limited to: cardiovascular conditioning, aerobic sports such as ultimate frisbee and basketball, and strength conditioning. This course is a graduation requirement.**

## **Gymnastics/Conditioning**

**This course is designed to introduce and develop gymnastic skills, aerobic activities, movements, and exercises that can improve physical fitness and aerobic capacity. Emphasis placed on guiding student to develop and design their own gymnastic routine with gymnastic skills that they can use in everyday life as a fitness routine.**