

## Physical Education

### **HOPE (1.0 credit)**

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 taken online. The written part of the coursework 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.*

### **Team Sports I & II (0.5 credit)**

This course targets various team sports such as, volleyball, basketball, flag football, and soccer. The basic skills and rules are covered and students play games with an emphasis on teamwork and sportsmanship.

### **Sports Officiating (0.5 credit)**

This course offers students an opportunity to learn the basic rules and officiating mechanics of basketball, volleyball, softball/baseball, and flag football. Students experience the rules through several mediums from video and text to real-world, hands-on activities. They are also exposed to the basic ethical and mechanical skills that are necessary to be successful in the role of an official. This is an interesting and active class especially for someone who has an interest in sports or officiating. Former students of the class are officiating for the recreation department.

### **Driver's Ed (0.5 credit)**

The Leon County School Board provides a variety of driver-training experiences for the students enrolled in the Driver Education courses offered at each high school. All instructors are fully-certified teachers through the Department of Education. The program is a comprehensive one that includes classroom instruction, driving range practice, and "on-the-road" driving experience. Our instructors are also certified through the Florida Division of Motor Vehicles as Driver Education License Assistance Providers (DELAP). This allows our teachers the ability to test our students and issue them their Learner's Permits and their Road Test to get their Class E license.

### **Tennis I-VI (0.5 credit)**

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 a class singles and doubles tournament.

### **Basketball I & II (0.5 credit)**

In this course, students learn the rules of basketball and the basic skills of dribbling, passing, shooting, and offensive and defensive strategies and advance to game play.

### **Weight Training I-III (0.5 credit)**

In this course, students learn the basic correct techniques and routines of lifting free and machine weights for upper, core, and lower body. An emphasis is put on safety and

technique. They then create their own lift routines to tie to their specific sport and health interests.

**Gymnastics/Conditioning I & II (0.5 credit)**

This course is designed to introduce, develop, and examine the gymnastic skills, aerobic activities, movements, and exercises that can improve physical fitness and aerobic capacity as well as rhythmic/dance activities and skills. Emphasis is placed on guiding students to develop and design their own gymnastics routine with gymnastics skills that they can utilize in everyday life as a fitness routine and as a lifelong activity.