

PHYSICAL EDUCATION

Students are required to take 3 semesters of physical education at DeForest High School (1 semester per year). Freshman physical education is required of all freshmen. Students their sophomore, junior and senior years can choose from Team Games, Lifetime Activities, Individual Fitness Activities, Beginning Weight Training or Specialized Weight Training. A fitness activity will start off each class day. Fitness activities will focus on the components of fitness: cardiovascular fitness, muscle strength, muscle endurance, flexibility and body composition.

Physical Education 9

5340

Credit ½

Physical Education 9 units include team sports, individual activities and lifetime activities. The following units will be offered to freshman.

Soccer	Flag Football	Pickleball	Ball Games
Swimming	Weight Training	Floor Hockey	Speedball

Prerequisite(s): Freshman standing

Team Games

5348

Credit ½

Team Games is team centered activities that include skills such as throwing, kicking, catching, eye hand coordination, cooperation and team work. Team games is fast paced and competitive. The following units will be offered in Team Games.

Floor Hockey	Volleyball	Soccer	Softball
Team Handball	Ultimate Games	Lacrosse	Flag Football

Prerequisite(s): Sophomore, Junior or Senior standing

Lifetime Activities

5346

Credit ½

Lifetime Activities is lifetime centered activities that include skills such as eye hand coordination, striking and swinging. Rules and etiquette will be taught. Lifetime Activities is slower paced and less competitive. The following units will be offered in Individual Activities.

Tennis	Golf	Bowling	Badminton
X-Ski	Pickleball	Volleyball	Lawn Games

Prerequisite(s): Sophomore, Junior or Senior standing

Individual Fitness Activities**5347****Credit ½**

Individual Fitness activities is a cardiovascular based fitness class that will get you moving! These activities follow the latest health club trends in fitness. Individual fitness activities will help you find your “inner fitness” and an activity you will love for a lifetime!

Bosu/Step Aerobics	Water Aerobics	Zumba	Yoga
Cardio Kickboxing	Walking	Circuit Tr.	Pilates

Prerequisite(s): Sophomore, Junior or Senior standing

Beginning Weight Training**5343****Credit ½**

Beginning weight training is for those who have an interest in learning the basics of weight training. Strength, power and endurance training concepts will be taught. Weight Training will involve individualized and group activities. Cardiovascular and flexibility components will also be included in daily workouts.

Prerequisite(s): Sophomore, Junior or Senior standing

Specialized Weight Training**5349****Credit ½**

Specialized weight training is designed for those who have a serious desire to train. This is an athlete based class for those who are self motivated. Individualized workouts for particular sports will be provided. Training methods will include but not limited to power, strength, endurance, cardiovascular, flexibility, speed and agility.

Prerequisite(s): Instructor Consent

Health & Wellness 10**5100****Credit ½**

Health & Wellness addresses the overall health and well-being of each individual. Topics will include: mental and emotional health, nutrition and fitness, drug and alcohol use and abuse, sexuality and human growth/development, and environmental health issues. Throughout the course, a wellness theme will be developed which stresses the importance of proper diet, exercise, and stress reduction. Overall awareness and development of decision-making skills and personal health habits will be the central theme throughout the curriculum.

Prerequisite(s): Sophomore standing