

District PE Course Descriptions from Registration Guide

PE 6

Students participate in cooperative learning activities that focus on fitness concepts and engage in activities for lifetime fitness. Embedded throughout the curriculum is a structure that promotes character building, cooperation, teamwork, and decision making. Students participate in a variety of activities which may include basketball, floor hockey, football, soccer, volleyball, dance, fitness, softball, team handball, and winter outdoor activities.

PE 7

Students participate in team and group activities that promote fitness and cooperative learning. Embedded throughout the curriculum is a structure that promotes character building, cooperation, teamwork, and decision making. Students participate in a variety of activities which may include weight training, winter outdoor activities, tennis, lacrosse, basketball, speedball, volleyball, floor hockey, and skill development games.

PE 8

Students participate in team and group activities that promote fitness and cooperative learning. Students engage in individual sports for lifetime fitness. Embedded throughout the curriculum is a structure that promotes character building, cooperation, teamwork, and decision making. Activities may include archery, net games, lacrosse, strength training, basketball, volleyball, and winter outdoor activities.

PE Fitness

Students work on team building, personal fitness, and engage in activities for lifetime fitness. This class fulfills the needs of students who want to stay active, but want to concentrate more on individual, non-competitive and/or cooperative activities. Students participate in a variety of activities that may include aerobic activities, walking, and individual weight training.