

## PHYSICAL EDUCATION DEPARTMENT

Physical fitness and wise use of leisure time are two good reasons to take Physical Education. We urge each student to try to work Physical Education into his or her schedule at a time when you are not out for a varsity sport, if possible. No student may take more than one Physical Education class per term. Participation will determine the grade for each course. Careers related to Physical Education include coaching, teaching, recreational leadership, recreation and park management, physical therapist, recreational therapist. etc. Also, conditioning and weight lifting programs are becoming very popular for off-season athletes; many students are also using aerobics for fitness and muscle toning in their lives.

### REQUIRED COURSES:

GRADE 9	GRADE 10	GRADE 11	GRADE 12
<a href="#">Physical Education 9</a>	<a href="#">General Phys Ed</a> (or 11) <a href="#">Health 10</a>	<a href="#">General Phys Ed</a>	

### ELECTIVE COURSES:

<a href="#">Drivers Education</a>	<a href="#">Drivers Education</a> <a href="#">Weight Lifting 101</a>	<a href="#">Basic Officiating</a> <a href="#">IDLS</a> <a href="#">Fitness for Women</a> <a href="#">Racquet Sports</a> <a href="#">Team Sports</a> <a href="#">History of Dance</a> <a href="#">History of Dance II</a> <a href="#">Strength Training I, II, III, IV, V, VI</a> <a href="#">Ath Trng/Health Careers</a>	<a href="#">Basic Officiating</a> <a href="#">IDLS</a> <a href="#">Fitness for Women</a> <a href="#">Racquet Sports</a> <a href="#">Team Sports</a> <a href="#">History of Dance</a> <a href="#">History of Dance II</a> <a href="#">Strength Training I, II, III, IV, V, VI</a> <a href="#">Ath Trng/Health Careers</a>
-----------------------------------	---	--	--

### 800     **Physical Education 9**

**801   2 terms   1/2 credit**

**Pre:** None

**Grade Level:** 9 REQUIRED

**Course Summary:** The goals of Physical Education 9 are to teach, promote, encourage and model the importance of physical activity in order to maintain a life-long appreciation for one's personal health and fitness. The following three standards are the expected outcomes for physical education 9; 1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities, 2. Participate daily in physical activity, 3. Exhibit appropriate personal and social behaviors that show respect for one's self and others in physical activity settings. Each student is required to complete the physical fitness testing outlined in the Physical Education S.M.A.R.T. Goals.

Clothing: T-shirts, activity shorts and proper footwear-athletic shoe, cross-training shoe and light jacket or sweatshirt for outdoors. Swimwear: girls are recommended to have a one-piece suit, although not mandatory. Boys cannot wear competitive racing trunks. Swim unit must be completed (unless a medical condition exists which keeps the student from entering pool). A doctor's note must be provided.

\*Bowling fees anticipated to be \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

### 802     **Health 10**

**2 terms                      1/2 credit**

**Pre:** None

**Grade Level:** 10 REQUIRED

**Course Summary:** This course is designed to improve awareness of one's physical, mental emotional and social wellbeing. Students will learn about drugs, alcohol, tobacco, mental health, communicable/non communicable diseases, human sexuality, nutrition, and CPR.

[top](#)

**804 General Physical Education****805 2 terms 1/2 credit****Pre:** PE 9**Grade Level:** 10 or 11 required**Course Summary:** Students will work toward the same goals listed under Phys Ed 9. Emphasis will be directed toward team sports.

\*Bowling fees anticipated to be \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). **Checks made out to CS Lanes**

**806 Basic Officiating****1 term 1/4 credit****Pre:** Phy Ed 9 and Gen Phy Ed**Grade Level:** 11 – 12**Course Summary:** The purpose of this class is to give the students basic knowledge, technique, mechanics, protocol and movement for the beginning official. Students will have an opportunity to learn, practice and demonstrate these skills in the sports of; Volleyball, Football, Basketball, Hockey, Baseball and Softball. Other sports may be added and/or some of the aforementioned sports will be excluded. This class is a combination classroom/activity class. Topics may be seasonal.**807 Health Careers & Topics****2 terms 1/2 credit****Pre:** None**Grade Level:** 11 – 12**Course Summary:** Health careers and topics will explore a multitude of different health careers including athletic training, mental health practitioner, nutrition, nursing, chiropractic, physical therapy, as well as many others. We will have guest speakers on these topics as well a field trip to the hospital to see different areas of health care. We will talk about other relevant health topics of interest as well.**808 Driver's Education****1 term 1/4 credit****Pre:** must register for the semester in which you will turn 15**808A Driver's Education A (turn 15 July 1, 2021 to Nov 30, 2021)****808B Driver's Education B (turn 15 Dec 1, 2021 to Feb 28, 2022)****808C Driver's Education C (turn 15 Mar 1, 2022 to June 30, 2022)****Grade Level:** 9-12**Course Summary:** This course is the first of a two part program designed to meet the requirements of the State of Minnesota for obtaining a driver's license and to improve the performance record and safety of the drivers on America's highways. The State of Minnesota requires that an individual have his/her permit for a period of six months before attempting his/her driver's test. The second part of the program, range and highway driving, are offered during the summer as voluntary parts of the curriculum. (However behind the wheel must be obtained from one source or another).

**Fee:** \$145.00 classroom fee  
+\$60.00 non-refundable registration fee for behind the wheel, due at completion of 30 hours classroom  
\$205.00 (blue card issued)  
+\$155.00 fee for 6 hours of behind the wheel, due at completion of 6 hours (white card issued)

**Total program:** \$360.00

Optional: \$145.00 classroom only, letter of 30 hours of classroom completed (blue card issued by driving school of choice).

**809 Individual Dual & Lifetime Sports (IDLS)****1 term 1/4 credit****Pre:** PE 9 & Gen. Phys Ed**Grade Level:** 11 - 12**Course Summary:** This class includes the lifetime sports of bowling, tennis, badminton, table tennis, pickle ball, yoga, swimming, aerobic fitness and individual wellness activities. Students will be expected to pay for their own bowling fees, as well as change into P.E. clothes daily, and be prepared with outdoor P.E. clothing. ~Students can take this class for credit one time only.Limit of 24 students in each section.

**811 Fitness for Women****1 term 1/4 credit****Pre:** PE 9 and Gen Phy Ed**Grade Level:** 11 – 12

**Course Summary:** This class will focus on muscle toning, fat burning and body sculpting. From cardio and hip hop, abs to yoga and Pilates, you will learn a variety of ways to sculpt and tone your body. This class is geared more towards muscle and cardio endurance. This is not strictly a lifting class. Student, with guidance, will implement a weekly workout plan that is self-driven.

**Depending on term, we will go bowling** \*Bowling fees anticipated to be \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

[top](#)**813 Racquet Sports****1 term 1/4 credit****Pre:** PE 9 & Gen. Phys Ed**Grade Level:** 11 - 12

**Course Summary:** Racquet sports include the lifetime sports of badminton, tennis, table tennis and pickle ball. This class provides an opportunity to exercise daily and improve individual skills, as well as competition in class tournaments. Students can take this class for credit one time only. Students will be required to change into P.E. clothes daily, and be prepared with outdoor P.E. clothing.

**814 History of Dance****1 term 1/4 credit****Pre:** Gen Phy Ed**Grade Level:** 11-12

**Course Summary:** The purpose of this class is to give the students an opportunity to explore the history of movement through dance. We will emphasize how dance and movement has changed throughout history. Starting with Modern Ball Room Dances such as the Waltz, Tango, Cha-Cha, Rumba, Swing, Lindy, Foxtrot and/or Line Dance and the Polka will be the emphasis how dance movement will be taught. A dance recital will take place at the end of the term.

**814A History of Dance II****1 term 1/4 credit****Pre:** History of Dance**Grade Level:** 11- 12

**Course Summary:** In this ballroom dance class you will continue to polish the dances that you learned in History of Dance I. From the Swing to Tango to the Waltz, you and your partner will learn a few advanced moves and if you choose, choreograph your own routine. An emphasis will be placed on style, form and posture.

**815 Team Sports****1 term 1/4 credit****Pre:** PE 9 & Gen. Phys Ed**Grade Level:** 11 – 12

**Course Summary:** This class is for students who enjoy competition in sports such as slow pitch softball, flag football, volleyball, basketball, soccer, bowling, team handball, floor hockey and indoor soccer.~ This class provides a good opportunity to understand the value of working together as a team as well as an appreciation for lifelong participation in physical activity. Students will be expected to pay for their own bowling fees, and required to change into P.E. clothes daily, and be prepared with outdoor P.E. clothing. Students can take this class one time only.

\*Bowling fees \$4.50 per time (or \$18 per term) – students are expected to pay their own bowling fees (4 times per term). Checks made out to CS Lanes

816	<b>Personal Fitness</b>	1 term (1st)	1/4 credit
817	<b>Personal Fitness</b>	1 term (2nd)	1/4 credit
818	<b>Personal Fitness</b>	1 term (3rd)	1/4 credit
819	<b>Personal Fitness</b>	1 term (4th)	1/4 credit
820	<b>Personal Fitness</b>	1 term (5th)	1/4 credit
821	<b>Personal Fitness</b>	1 term (6th)	1/4 credit

**Pre:** PE 9 & Gen. Phys Ed.

**Grade Level:** 11 – 12

**Course Summary:** This class will provide students with the opportunity to develop a greater understanding of strength development, conditioning aspects, flexibility routines and nutritional habits and learn vocabulary related to strength and conditioning. Students will be expected to participate in and maintain an organized strength program and to **participate in activities** designed to improve their overall health status. Once registered, classes may be divided into beginner and advanced sections.

**Limit of 24 students in each sections – may only be taken 4 times per year.**

*\*Note; All in-season athletes wanting to take this class should talk to their athletic coaches first!*

**822A Weight Lifting 101 (Introduction to Personal Fitness) Fall term**

**822F Weight Lifting 101 Spring Term**

1 term 1/4 credit

**Pre:** PE 9

**Grade Level:** 10

**Course Summary:** This sophomore level class is designed to teach proper lifting techniques and introduce students to the fundamentals of functional strength. One's self esteem, self-confidence, mental discipline, performance and coordination can all be expected to improve as a result of strength and conditioning training.

[top](#)