

Robert E. Fitch High School
Physical Education ELECTIVES
2019-2020

“You don’t stop playing because you grow old; you grow old because you stop playing!!!”



Basketball (.5 credit):

Some say it is just another ball game, however, basketball enthusiasts swear that the game is the purpose of life. Skills, drills, backyard games, 3v3, 5v5, tournament games..

Weight Training (.5 credit):

I. Introduction

Self-evaluation

- Rules and expectations
- Weight room safety
- Equipment

II. Program Design

- muscle anatomy
- goal setting
- individual program design
- assessment
- modifications

III. Exercises for your body: free and machine weights

- Legs
- Chest
- Shoulders
- Back”
- Arms
- Abdominals

IV. Advanced Training and Program Design

- Power Exercises
- Circuit Training
- Medicine Ball Training
- Plyometrics
- Nutrition

Unified PE (.5 credit)

Class Objective: This class is designed to have each student gain an appreciation and understanding of each others abilities in a physical activity setting. This understanding will promote class participation, team building, tolerance of diversity, and sportsmanship.

Personal

Fitness

(.5 credit):

A class that allows the student to be exposed to a variety of information that will help them facilitate, implement, and

adhere to their own fitness program

Honors Personal Training (.5 credit)

*** Pre-Requisite Weight training or Personal Fitness**

The purpose of this course is to continue where personal fitness and weight training classes left off and expand knowledge of physical fitness concepts (b) understand the influence of lifestyle on health and fitness, and (c) continue to develop an optimal level of fitness. -fitness program design nutrition -benefits derived from participation in physical activity.



Net Sports (.5 credits):

This class focuses primarily on four net sports: Tennis, badminton, volleyball, and pickleball. Instruction will be prioritized so that students are comfortable and proficient in each sport.

***Honors Advanced PE (1.0 credit):**

Explore more in depth, fitness and sport activities. We will be spending more time on strategies and competing at a higher level.

PE Activities (.5 credits):

The primary objective of this class is to expose you to a variety of fun fitness and sport activities. Our goal is to present a broad scope of sport and fitness activities that you may choose to include in your regular fitness routine later in your life.

- Bowling**
- Trips to Esker Point Beach**
Beach Volleyball, Spikeball, Kan Jam
- Bocce**
- Pickleball**
- "Backyard" Picnic games**

Badminton , Pickleball, Bowling , Volleyball, Floor Hockey, Team Handball , Speedball, Aerobics and/or

Yoga, Basketball, Soccer / Pin Soccer, Ultimate Frisbee Softball, Flag Football, High Ropes course & Large group games

****Approval from PE teacher and "A" average in PE classes needed to***

participate in

Advanced PE

*****Can also accommodate 1/2 year student with permission from School Counselor***

