

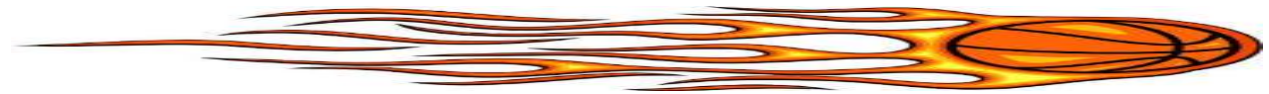


**Robert E. Fitch High School**  
**Physical Education ELECTIVES**

“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, and tournament games.



**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.

**UNIFIED PE (.5 Credits)**

This class is designed to have each student gain an appreciation and understanding of each other’s abilities in a physical activity setting. Understanding will promote class participation, team building, tolerance of diversity, and sportsmanship.

**NET SPORTS (.5 credits)**

This class focuses primarily on four net sports: Tennis, Badminton, Volleyball and Pickleball. Instruction will be prioritized, so 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.**

**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 a 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***

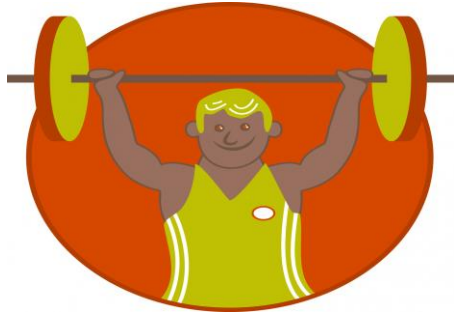


**HONORS PERSONAL TRAINING (.5 credits)**

**\*Pre-requisite: Weight Training or Personal Fitness**

The purpose of this course is to continue where Personal Fitness and/or Weight Training classes left off and (a) 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 and nutritional benefits derived from participation in physical activity will be explored.





## **Weight Training (.5 credit):**

### I. Introduction

Self-evaluation

- Rules and expectations
- Weight room safety
- Equipment

### II. Design

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

### III. For your body: free and machine weights

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

### IV. Training and Program Design

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

## **PE Activities (.5 credits):**

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

**\*Bowling**

**\*Trips to Esker Point Beach**

**\*Volleyball**

**\*Bocce**

**\*Pickleball**

**\*Spikeball**

**\*Backyard Picnic games**

**\*Kan Jam**