

PHYSICAL EDUCATION & HEALTH

A uniform is required of all students enrolled in activity classes. Tennis shoes with light-colored soles are requested. Students must furnish their own suits and towels for all swimming classes.

PHYSICAL EDUCATION I

CLASS NUMBER	1704/1705	CLASS LENGTH	2 semesters
GRADE LEVEL	9, 10, 11, 12	CREDIT	1.0
CLASS FEES	None	CREDIT AREA	Physical Education
PREREQUISITES	None	NOTES	None

A required year-long class that covers Health Related and Skill Related activities. This is a lecture/lab class. After successful completion of this class, students will be able to define both health and skill related fitness, write an appropriate personal 6 week fitness plan, and evaluate their own fitness level. This is a prerequisite to all other Physical Education Classes except Health.

HEALTH

CLASS NUMBER	2700	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	None	CREDIT AREA	Physical Education
PREREQUISITES	None	NOTES	None

A required course that includes information on topics such as decision making skills, refusal skills, assertive communication, sexuality, substance use, and stress management. CPR will follow American Red Cross guidelines.

PHYSICAL EDUCATION II

CLASS NUMBER	2704	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	Some fees may apply for out of school activities	CREDIT AREA	Physical Education
PREREQUISITES	PE I	NOTES	None

This is an introductory class that will have students involves in a number of Individual and Team activities. By the end of the class, students will have an understanding of the Basic rules, strategies, and skills of the activities. The students will also be able to perform at the basic skill level of activities covered.

LIFEGUARD TRAINING/WATER SAFETY INSTRUCTION

CLASS NUMBER	2706	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	None	CREDIT AREA	Physical Education
PREREQUISITES	PE I	NOTES	None

This course will follow American Red Cross Guidelines for Lifeguard Training and the teaching of elementary swim lessons. Students will be teaching swim lessons to elementary students throughout the district in grades 2nd through 5th as well as lifeguarding for these students every other Friday.

PHYSICAL EDUCATION III

CLASS NUMBER	2705	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	Some fees may apply for out of school activities	CREDIT AREA	Physical Education
PREREQUISITES	PE I & PE II	NOTES	None

This is an advanced level class that will have students involved in a number of Individual and Team activities. The rules and strategies of the activities will be covered in detail and the skill work will be enhanced to officiate games in class. This class is designed for those students who want to participate at a more competitive level and to improve their skill level in a variety of sports.

WEIGHT TRAINING

CLASS NUMBER	2708	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	None	CREDIT AREA	Physical Education
PREREQUISITES	PE I	NOTES	None

This class is offered to any student wishing to improve their overall fitness. The focus of this class will be on improving the health-related components of fitness; Flexibility, Muscular strength and endurance, cardiovascular fitness and body composition. Students will also examine proper nutritional habits as well as proper training habits in order to maintain a healthy lifestyle.

ATHLETIC WEIGHT TRAINING

CLASS NUMBER	2710	CLASS LENGTH	1 semester
GRADE LEVEL	10, 11, 12	CREDIT	0.5
CLASS FEES	Some fees may apply for out of school activities	CREDIT AREA	Physical Education
PREREQUISITES	PE I & VHS Athlete	NOTES	None

This class is offered to Valley High School athletes who wish to improve their athletic performance. The focus of this class will be to improve flexibility, strength, speed, power, explosiveness and agilities. Students will be training using previously established methods used by all athletes at Valley High School. This class is open to Valley High School Athletes ONLY.

SPECIAL OLYMPICS

CLASS NUMBER	9722/9723	CLASS LENGTH	2 semesters
GRADE LEVEL	9, 10, 11, 12	CREDIT	1.0
CLASS FEES	None	CREDIT AREA	Physical Education
PREREQUISITES	Teacher approval	NOTES	None

Students can fill out an application to participate in the Special Olympics class and work as coaches for the athletes.
