

700 PHYSICAL EDUCATION AND HEALTH

<u>Grade</u>	<u>Course</u>	<u>Title</u>	<u>Credit</u>
9, 10	701	Physical Education	1/4
9, 10	703	Physical Education Summer Session	1/4
9	731	Health	1/2

701 PHYSICAL EDUCATION

(1 semester)

Prerequisites: None

1/4 credit

9,10

This course is offered primarily to both freshmen and sophomores. The course meets five days per week, giving the students the opportunity to complete the State requirement in Physical Education. Classes, which are co-educational, enable the student to increase understanding of fitness and total wellness through individual and group activities. Each student will be encouraged to participate in goal setting for individual fitness, cooperative group activities, and strategic games. Students will be graded on their knowledge of activities demonstrated through quizzes, homework, daily participation, and general attitude toward others.

703 PHYSICAL EDUCATION SUMMER SESSION

Prerequisites: None

Fee will be due before class begins.

1/4 credit

9,10

This course is designed for a two week, intense Physical Education experience. The course will follow the Diocesan Course of Study.

Students are required two (2) semesters of physical education for graduation.

By the end of 10th grade if a student has not completed this requirement and has not scheduled for summer school physical education, the school will schedule physical education in the 11th grade.

The rationale for this policy is that if a student waits until their senior year to take physical education, the school cannot guarantee the course will be offered or that it can be scheduled, thus precluding the student from graduating.

731 HEALTH

(1 semester)

Prerequisites: None

1/2 credit

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This course is designed to assist students in developing positive health attitudes and practices throughout their lives. The course work will involve information to assist students in increasing their awareness about physical, mental, social, and spiritual health. This course will also include information dealing with individual, family, and community well being.