

PHYSICAL EDUCATION



BASKETBALL

This course will emphasize individual basic skills in dribbling, passing, and shooting. Defense will also be addressed. Team skills, offense patterns, and defensive combinations will be put into practice. Emphasis will be placed on the transition game, as well. Rules of the game, game strategies, and competition will be a part of each class. Full and half court games will be played daily throughout the semester.



WEIGHT TRAINING

This course will emphasize stretching, cardiovascular fitness, muscular strength, and endurance. Students will learn the proper techniques for using weight room equipment, and they will learn the benefits of a healthy diet and lifelong fitness. The instructor will monitor student progress through the use of charts and frequent testing. Students will also develop individualized circuits and programs.



RACQUET SPORTS

This course will emphasize a range of court and striking sports as well as teaching and coaching strategies used to facilitate effective learning in these sports. The sports to be covered include but are not limited to: Badminton, Tennis, Team-Handball, Basketball, PickleBall, Indoor Soccer, Dodgeball, Kickball and Wiffle Ball. This course will also emphasize conditioning, agility, cardiovascular, and muscular strength and endurance exercises to aid in the development and improvement of students' overall health.



YOGA

Class will combine the power of the mind, body, spirit in yoga and the strength building core exercises and breathing techniques of Pilates. The course will teach meditation, concentration, improve skeletal alignment, and increase muscular strength and increase flexibility.

