

PHYSICAL EDUCATION DEPARTMENT

PHYSICAL EDUCATION I	REQUIRED (X) ELECTIVE ()	CSU () UC ()	LAB FEE: None
PREREQUISITES: None, PE uniform required			
<p>The program includes a background of movement efficiency skills and vigorous daily exercises for the maintenance of physical fitness and health. It is designed to meet the requirements of the state framework and includes activities in the following content areas: aquatics, combatives, effect of physical activity on dynamic health, gymnastics, individual and dual sports, mechanics of body movement, rhythms, dance and team sports.</p>			
GRADES: 9		LENGTH: 1 Year	
PHYSICAL EDUCATION II	REQUIRED (X) ELECTIVE (X)	CSU () UC ()	LAB FEE: None
PREREQUISITES: None			
<p>This program continues to build on the Freshman curriculum and content area with major emphasis on dance, team and individual sports, and concepts of physical education.</p>			
GRADES: 10		LENGTH: 1 Semester	
PHYSICAL EDUCATION III/IV	REQUIRED () ELECTIVE (X)	CSU () UC ()	LAB FEE: None
PREREQUISITES: None			
<p>This course provides physical activities that allow the development of a variety of skills and knowledge necessary for the selection of lifetime pursuits tailored toward individual excellence in an active life style.</p>			
GRADES: 11, 12		LENGTH: 1 Semester	

ATHLETICS	REQUIRED () ELECTIVE (X)	CSU () UC ()	LAB FEE:
PREREQUISITES: 2.0 GPA and coach and Athletic Director signature			
Athletes participating in a CIF sport enroll in this class for the semester of their sport. See your coach to determine whether the team will also meet for conditioning during 6 th period for the off-season. An annual physical is required. Credits may be applied toward the PE graduation requirement. May be repeated for credit.			
GRADES: 9, 10, 11, 12		LENGTH: 1 Quarter or 1 Semester; varies by sport	
ADAPTIVE PE	REQUIRED () ELECTIVE ()	CSU () UC ()	LAB FEE: None
PREREQUISITES: Identified long-term disabilities or special education student			
Units of instruction in exercise and recreational sport adapted to individual student capabilities.			
GRADES: 9, 10, 11, 12		LENGTH: 1 Semester	