LEVEL I PHYSICAL EDUCATION – FOUNDATIONS OF PHYSICAL ACTIVITY

CLASS OPTIONS:

- Students may register to take the class:
  - During the regular school day
  - As an early bird class (6:30-7:23 am)
  - As a summer school class (Class meets early mornings Monday-Thursday for 3 hours/day for 6 weeks)

REQUIREMENTS:

- Students need 1.5 credits of physical education to graduate. Each semester class is worth .5 credits.
- Students will take one class from the Level I, Level II, and Level III course selections.
- Students who enjoy physical education and would like physical activity during their day are encouraged to take additional classes as an elective once their 1.5 credits are attained.

UNITS:

- Building a Learning Community
- Invasion Games
- Net and Wall Games
- Fitness Testing
- Dance
- Target Games
- Aquatics
- Strength and Conditioning