

# **PHYSICAL EDUCATION**

## **TEXT**

None

## **PREREQUISITES**

None

## **OBJECTIVES**

- Exposure to the fundamental skills of each sports activity
- Demonstrate of game concepts and the rules of each sports activity
- Understanding the concepts of sportsmanship, cooperation and competition
- Development a better understanding of the importance of living a healthy live style

## **CONTENT**

Students learn the fundamentals of a variety of sports activities, fitness, health, and recreation. Students are exposed to a variety of activities aimed at achieving a basic level of general physical conditioning, the elements of good nutrition, and a healthy life style.

## **SKILLS**

- Sportsmanship
- Cooperation
- Life long fitness awareness
- Motor skill development for specific physical activity

## **METHODS**

The course is a physical activity class. Students participate in general physical conditioning, drills for game, and competition.

## **HOMEWORK**

None.

## **GRADING/CREDIT**

Grade and credit is based on attendance, effort, and participation

## **INDIVIDUALIZATION**

All levels of fitness and athletic ability can be accommodated.

### **ABSENCES/TARDIES**

Attendance is critical to the class. Excessive absences and/or tardies will result in loss of credit. Some extenuating circumstances may allow students to make up work by submitting independent physical education forms to make up for missed time in class.