

COURSE TITLE: Physical Education 10-12

Level of Difficulty	Estimated Homework	Prerequisites: 9th Grade Physical Education
Moderate	30-60 minutes	District: None Department Suggestion: N/A

Course Description:

Physical Education 10–12 meets the graduation requirement for Physical Education. The course is designed for students interested in participation in lifetime sports and recreational activities. Basic skills and techniques along with rules and strategies for each activity will be covered. Daily participation in exercises will improve flexibility, muscular strength/endurance, and cardiovascular endurance. This course will emphasize the benefits of lifetime health and fitness.

Grading:

Refer to syllabus

Syllabus:

To be provided in class

Supplemental Information:

N/A