

PHYSICAL EDUCATION

Note: Students may not repeat PE classes unless prior approval is received from the school administration.

ADVANCED TEAM SPORTS				
Grade Level: 11-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Team Sports
<p>This course is a continuation of Team Sports. Activity units will be extended with an emphasis on advanced skills, content knowledge, competition, and team strategies. Extended units may include: football, volleyball, basketball, softball, ultimate frisbee, soccer, and team handball. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.</p>				

FOUNDATIONS OF FITNESS				
Grade Level: 9-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: None
<p>Students will participate in activities that address their fitness needs and increase competencies for lifelong participation. Major class emphasis is on a personal commitment to wellness, fitness for enjoyment, and fitness as a lifetime activity. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations. This required course is recommended for students in grade 9 or 10.</p>				

INDIVIDUAL/DUAL ACTIVITIES				
Grade Level: 10-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Foundations of Fitness
<p>Students will participate in individual and dual recreational activities that are geared toward lifetime involvement and fitness. Activities may include: badminton, handball, pickleball, basketball (two-on-two/three-on-three), nitroball, spikeball, and swimming. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.</p>				

RECREATION ACTIVITIES				
Grade Level: 11-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Foundations of Fitness
<p>In this class, students will participate in fall and spring life-long physical activities in an outdoor environment. Students will understand the basic rules and skills applied to each activity, and know how to apply safety procedures related to self and others in an outdoor setting. Students will be traveling to various places off campus. Activities may include: bicycling, archery, disc golf, SUP, kayaking, driving range, bowling, rock climbing, and swimming. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.</p>				

TEAM SPORTS

Grade Level: 10-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Foundations of Fitness
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Students will participate in team activities that are geared toward lifetime involvement and fitness. Activities may include: flag football, volleyball, basketball, soccer, and softball. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.

TOTAL FITNESS

Grade Level: 9-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Foundations of Fitness
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For those students who want to tone-up not bulk-up. This class develops muscle endurance and cardiovascular training through a variety of aerobic activities such as: pilates, yoga, total body sculpt, resistance tubing and fitness ball aerobics. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.

WEIGHT TRAINING 1

Grade Level: 9-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Foundations of Fitness
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Students will be guided through the latest and safest techniques available in lifting. Each student will gather information through lectures, demonstrations, and computer programs so that he/she is capable of designing a safe and sound, functional and time efficient personalized fitness program with an emphasis on weight training. Grades will be based on a written fitness plan, design of an individualized weight training program, record keeping and participation, and attendance. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.

WEIGHT TRAINING 2

Grade Level: 10-12	Credits: 1	College Credit: No	Fine Arts Credit: No	Prerequisite: Weight Training 1 or Foundations of Fitness with strength training emphasis is required.
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This class is designed for the more experienced weight trainer who has already developed a personal workout program and wants to continue it. Emphasis is on cross training/total body workouts that are completed on a weekly basis. Students are expected to wear physical activity attire for class every day while also following WHS school handbook expectations.