

PHYSICAL EDUCATION and HEALTH

SOME OCCUPATIONS RELATED TO INTEREST AND ABILITY IN PHYSICAL
EDUCATION AND HEALTH

Athletic Director

Teacher

Physical Therapist

Personal Trainer

Occupational Therapist

Professional Athlete

Dietician

Chiropractor

Umpire



Public Health Educator

Sports Writer or Editor

Lifeguard

Laboratory Technician

Swimming Instructor

Recreation Leader

Yoga Instructor

Athletic Coach

Practical Nurse

Fitness Instructor

Public Health Nurse

Sports Trainer

PHYSICAL EDUCATION

Requirements:

1. PE9 is required during the freshman year. PE9 is the only course available to freshmen..
2. A minimum of 1.5 credits is needed in Physical Education to graduate. Physical Education must appear on your transcript in 3 of 4 academic years at Pulaski High School (see your counselor for specific details regarding Summer School Phy Ed).
3. Any Physical Education course may be repeated for additional graduation credit except PE9.

Course Length	Credit	Name of Course	Course Number	9	10	11	12	Prerequisite
1 Sem	.5	PE9	770L1C	X	—	—	—	None
1 Sem	.5	Lifetime Activities	772B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Team Challenge	774B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Team Challenge Adv	775B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Fit for Life	777B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Weight Lifting	783B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Rackets/Paddles/ Sticks/Nets	787B1C	—	X	X	X	PE9 and in Grade 10-12
1 Sem	.5	Senior PE Gym	791B1C	—	—	—	X	Completion of PE requirement of 1.5 semesters and Grade 12
1 Sem	.5	Senior PE Fitness Center	792B1B	—	—	—	X	Completion of PE requirement of 1.5 semesters and Grade 12
1 Sem	.5	Summer School Physical Education	798B1S	—	X	X	X	PE9
1 Sem	.5	Health	799B1B	X	X	X	X	None

770L1C - PE 9			
Semester Course	Grade 9 REQUIRED	.5 Credit	Prerequisite: None
<p>This class is a combination of classroom learning and physical education.</p> <p>Positive Decisions for Life (PDL) is the classroom portion. The focus of this course is healthy decision-making in the physical, mental, social and emotional areas of wellness. Students should leave this course with the tools necessary to lead a positive healthy lifestyle while making decisions based on values. A variety of teen centered topics will be explored.</p> <p>PE9 is a traditional fitness-based physical education setting exploring team sports, lifetime activities, fitness activities and an initial weight room orientation.</p> <p>This course MUST be passed in order to take any future PE credits.</p>			

772B1C - LIFETIME ACTIVITIES			
Semester Course	Grades 10 – 12	.5 Credit	Prerequisite: PE9
<p>Lifetime Activities is a class for students that want to explore activities they can continue to do throughout life. The class includes one 30 minute workout a week, along with the following units throughout a semester: badminton, pickleball, yoga, pilates, golf,, volleyball, tennis, archery, yard games, disc golf, weight training, fitness activities, and eclipseball/nitroball. If you enjoy the non-traditional physical education setting and want to get a good workout in, Lifetime Activities is for you.</p>			

774B1C - TEAM CHALLENGE			
Semester Course	Grades 10 – 12	.5 Credit	Prerequisite: PE9
<p>Team Challenge is for students who enjoy activities in a “team” setting. Units included but are not limited to: football, soccer, lacrosse, volleyball, ultimate frisbee, team handball, indoor speedball, tchoukball, basketball and more. Each unit will include developmental drills and strategies building on team play. If you like activities in a team setting, Team Challenge is for you.</p>			

775B1C - TEAM CHALLENGE ADVANCED			
Semester Course	Grades 10-12 – 12	.5 Credit	Prerequisite: PE9
<p>Team Challenge Advanced is for students who want a more competitive, aggressive and highly skilled team setting. Units include but are not limited to: football, soccer, lacrosse, volleyball, ultimate Frisbee, team handball, indoor speedball, tchoukball, basketball and more. Each unit will include developmental drills and strategies building on team play. If you like competitive, aggressive and skilled team games, Team Challenge Advanced is for you.</p>			

777B1C - FIT FOR LIFE			
Semester Course	Grades 10 -12	.5 Credit	Prerequisite: PE9
<p>This class is tailored toward the fitness needs of the individual student. This activity-based class is presented in multi-levels that are designed for students who want to improve and build their overall cardiovascular fitness, physical abilities and muscle tone. Designed for individuals of all fitness levels and body types, this class will provide low impact options for inexperienced movers and high impact options for the experienced movers. Instructional units covered in this class are: Yoga, pilates, strength and stability activities, fitness games, weight training, walking, running, zumba, and nutrition. This class meets 3 days a week for an hour with one 30 minute classroom day which will cover fitness and nutrition basics.</p>			

783B1C – WEIGHT LIFTING			
Semester Course	Grades 10 -12	.5 Credit	Prerequisite: PE9
<p>Do you like lifting weights? Do you want to learn more about weight lifting and develop your own lifting program? If you answered YES to any of these questions, this is the class for you. In weight lifting class you’ll explore a wide variety of lifting exercises and techniques, learn how to lift safely, and be able to develop your own lifting plan. Students will lift three days per week followed by a cardio/activity day.</p>			

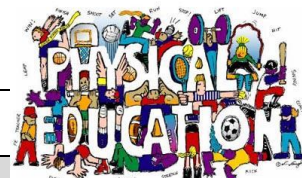
787B1C – RACKETS / PADDLES / STICKS / NETS			
Semester Course	Grades 10 – 12	.5 Credit	Prerequisite: PE9
<p>Tennis anyone? How about badminton, table tennis or pickleball? This course is for the student who loves rackets, paddles, sticks and net games. Units include tennis, badminton, table tennis, pickleball, eclipse ball, field hockey, lacrosse, volleyball, and more. If you love the above sports and excel in hand – eye coordination activities, this course is for you.</p>			

791B1C – SENIOR PHY ED GYM			
-----------------------------------	--	--	--

Semester Course	Grades 12	.5 Credit	Prerequisite: Must have completed 1.5 semesters of PE. Must be a senior.
If you are a senior who has completed the required 1.5 PE credit requirement, yet want to stay active and utilize our gym space for a workout, Senior PE Gym is for you. Students and the teacher will set up the weekly activities to participate in. Weather permitting, outside space will be utilized.			

792B1B – SENIOR PHY ED FITNESS CENTER			
Semester Course	Grades 12	.5 Credit	Prerequisite: Must have completed 1.5 semesters of PE. Must be a senior.
If you are a senior who has completed the required 1.5 PE credit requirement, yet want to stay active and utilize our fitness center for a workout, Senior PE Fitness Center is for you. Students will develop their own weekly workout utilizing weights and cardio machines in the fitness center.			

798B1S - SUMMER SCHOOL PHYSICAL EDUCATION			
Semester Course	Grades 10 – 12	.5 Credit	Prerequisite: PE9
Summer School Physical Education class will explore lifetime fitness activities, individual/dual sport challenges, team challenges and will utilize the fitness center facility. Units will include ultimate frisbee, frisbee golf, biking, yard games, tennis, soccer, power walking, jogging, softball, swimming, and more. Also, students will design their own workout program utilizing the fitness center.			
Dates: TBD Holiday: TBD Times: 9:00 a.m. to 11:30 a.m.			
Participants must be aware of the following requirements. Prior to the end of the school year, students and parents will sign a summer school contract confirming understanding of the below guidelines.			
<ol style="list-style-type: none"> 1. Students are expected to attend class every day. 2. Any unexcused absence results in being dropped from the class. 3. No more than 2 excused absences will be allowed. 4. Excused absences are illness, emergencies or pre-arranged absences with the instructor. 5. School sponsored events must be pre approved by the instructor and will NOT count as an absence. (Examples: Badger Boys State, Badger Girls State, School Mandatory Band Performance, etc.). 6. All excused absences will be made up on July 24th and/or July 25th. 			
*Credit will be issued during the fall semester of the upcoming school year.			



HEALTH

799B1B - HEALTH			
Semester Course	Grades 9 – 12	.5 Credit	Prerequisite: None
Health is a semester-long class in which students participate in a wide variety of activities and discussions concerning their physical, emotional, social, spiritual, and mental health. Topics studied help students understand behaviors that lead to a healthy lifestyle. Topics include: Personal Health, Human Growth & Development, Nutrition, Environmental Health, Mental & Emotional Health, Consumer & Community Health and Drugs, Alcohol & Tobacco. This course is required for graduation.			