

## **HEALTH AND PHYSICAL EDUCATION DEPARTMENT**

### **TEAM SPORTS: A/B Grade Level: 9-10-11-12**

**773800**

This semester-long course includes instruction in two or three activity units per quarter. Each unit offers opportunities for student growth in health enhancing fitness activities, movement skills and concepts of personal and social responsibility. Students will apply the knowledge of components and principles in health- and skill-related fitness when creating a personal fitness plan. Units of study in team sports may include hockey, flag football, ultimate Frisbee, team handball, soccer, basketball, softball, volleyball, Tchoukball or other team sports chosen by the instructor.

Unlimited repeats for subject credit

### **VOLLEYBALL: A/B Grade Level: 9-10-11-12**

**775131/775132**

This course is designed for volleyball players of all ability levels to develop necessary volleyball skills to participate for life. Zero previous volleyball experience is required. Throughout the semester students will participate in volleyball related fitness activities in addition to the gameplay and skill development. The first quarter of the course will emphasize skill development, with a moderate amount of time for game play. The second quarter of the course will emphasize game play, strategies, and tactics with a moderate amount of time for skill development. The course requires excellent sportsmanship as we want all classmates to feel encouraged to participate no matter their skill level and enjoy their class time.

Unlimited repeats for subject credit

### **NET/RACKET SPORTS: A/B Grade Level: 9-10-11-12**

**773700**

This course is designed for students of all ability levels to develop necessary racket sport skills to participate for life. The primary activities in this course will include, but not limited to, Tennis badminton, table tennis and pickleball. Most activities in this course are individual or partner teams. Students of all skill levels are welcome. Throughout the semester students will participate in fitness activities geared toward improving cardiovascular endurance, agility, coordination, power, and speed in addition to the gameplay and skill development. The course will emphasize game play, strategies, tactics, and skill development. The course requires excellent sportsmanship as we want all classmates to feel encouraged to participate no matter their skill level and enjoy their class time.

Unlimited repeats for subject credit

**CROSS TRAINING A/B Grade Level: 9-10-11-12**

**774531/774532**

This class is a high intensity course for extremely motivated students. In this class students will perform a variety of circuits, high intensity interval training, and cardio. Workouts will be typically three days a week and two recovery days will include cardio such as team sports, running to work on endurance. Students will work towards being able to create their own fitness plan. Cross training students will improve muscular endurance, cardiovascular endurance, core strength, balance, coordination, speed. Students will be able to identify the positive effects of exercise, circuit and cross training and how to be active for a lifetime. A positive attitude, good work ethic, being a self-starter, and having perseverance are the keys to success in this course.

Unlimited repeats for credit

**BASKETBALL A/B Grade Level: 9-10-11-12**

**774231/774232**

The focus of the course is on advanced skills and strategies: tournament play (1 on 1; 2 on 2; 3 on 3; 5 on 5); video analysis; officiating. Also included is basketball specific conditioning and training including plyometrics, agility, core training, and resistance training.

Unlimited repeats for credit

**Dance: A/B Grade Level: 9-10-11-12**

**774331/774332**

This dance course emphasizes the development of technique and the exploration of dance. Students will learn the basic technical skills needed for several dance disciplines, such as Ballet, Tap, Jazz, Hip Hop, Modern, Swing, Line Dance, and Contra Dance. The history of many dance cultures will also be taught. Students will demonstrate the knowledge and application of the basic elements of dance such as time, force, energy, dynamics, and space through movement. Student creation of original choreography and improvisational skills will also be introduced.

Unlimited repeats for credit

**SOCCKER A/B Grade Level: 9-10-11- 12****774831/774832**

The main objective of the course is to expose the student to the game of soccer in a fashion that will enable the player to become an intelligent coach and participant. Time, inside and outside of class, will be devoted to developing and improving the fundamental skills, as well as learning fitness concepts and conditioning techniques used for achieving and maintaining optimal physical fitness. Competition will provide an opportunity for the student to demonstrate soccer skills and develop the basic strategy used in the game. In addition to technique, Emphasis will be placed on the instructional techniques and methodology to prepare the student to teach or coach.

Unlimited repeats for credit

**INTRODUCTION TO WEIGHT TRAINING A/B Grade Level 9-10-11-12****775234/775235**

Introduction to Weight Training will focus on learning the health and skill related fitness components. Students will learn how to apply those components to workouts using free weights, dumb bells, and resistance bands. Students will also create and implement their own individualized workout plans. If you are new to weight training and exercising this is the course for you. The course is open to anyone who wants to improve their overall health and wellness.

**ADVANCED WEIGHT TRAINING A/B Grade Level: 9-10-11-12****775231/775232**

Advanced Weight Training is an extremely high intensity course designed to meet the needs of highly motivated students. Students lift weights four days per week with other related activities once a week. Students should expect to work extremely hard and see significant increases in strength and power. We will also be covering the health and skill related fitness components throughout the entire semester. This course may be repeated for additional credit.

Unlimited repeats for credit

**BEGINNING and ADVANCED YOGA A/B Grade Level: 9-10-11-12****775431/775432**

Yoga A will focus on a basic yoga alignment that will help increase strength level and degree of flexibility. There will be a variety of breathing and relaxation techniques taught to aid in stress management. **The foundation principles learned in Yoga A will be needed to continue into Yoga B.**

Yoga B will build on the alignment principles in yoga poses and continue to build strength and endurance. During the course poses become more advanced and challenging. There will be an introduction to flow yoga, meditation and stress management.

Unlimited repeats for credit

**YOGA FOR ATHLETES A/B Grade Level:10-11-12****772331/772332**

If you are a competitive athlete, find out how yoga will benefit your athletic performance. The class will increase an athlete's core strength, flexibility, and range of motion, improve balance and teach deep, relaxed breathing. This class will be more physically demanding and intense than yoga A and B. If you want to become a better, more competitive athlete, then this is the class for you.

Unlimited repeats for credit

**LEADERSHIP OPPORTUNITIES IN PHYSICAL EDUCATION Grade Level: 11-12  
(With prior approval by Mr. Whalen)****770000**

This 0.5 credit, semester-long course is designed to develop leadership skills within the physical education setting for individuals interested in pursuing careers in education/teaching or physical therapy. Throughout the course, participants will have the opportunity to assist students who have various physical and learning disabilities in their development of sport/movement skills and fitness. Participants will explore and analyze a variety of disabilities and develop sport/recreation goals or fitness plan for her or his peer with a disability. The course will focus on disability awareness, communication, instructional, and feedback techniques, as well as goal-setting.

**COMPREHENSIVE HEALTH EDUCATION, HONORS  
Fulfills the ½ credit health education graduation requirement****784100**

The Honors Comprehensive Health Education course includes greater rigor and academic challenge than the basic course, and students who are seeking additional quality points for their weighted grade point average may receive the additional points by achieving a grade of 'A', 'B' or 'C'. The course may be taken in Grade 10 or higher in place of Comprehensive Health Education #783500. However, the honors course is not an elective and may not be taken for credit if a student has already successfully completed Comprehensive Health Education. Students choosing to enroll in Honors Comprehensive Health Education must have the approval of their parents, counselor and a teacher, all of whom must be able to attest to the students' capability, motivation, and potential, to succeed in this course.

Grade Level: 10 -11-12

**COMPREHENSIVE HEALTH EDUCATION** is also offered online in Summer School for those who wish to fulfill the requirement outside the school year. Information about the online summer course can be found at:

**[www.montgomeryschoolsmd.org/departments/onlinelearning/courses\\_health.shtml](http://www.montgomeryschoolsmd.org/departments/onlinelearning/courses_health.shtml)**

Information and locations for classroom summer school courses can be found at:

**[www.montgomeryschoolsmd.org/departments/extendedhours/summerschool/](http://www.montgomeryschoolsmd.org/departments/extendedhours/summerschool/)**

9th Grade Courses

PHYSICAL EDUCATION

\*Con PE - Net (Racket) Sports 773700 \*  
\*Con PE- Team Sports 773800 \*  
Sp PE - Basketball 774231/774232  
Sp PE – Dance 774331 774332  
Sp PE – Fitness (Cross Training) 774531 774532  
Sp PE-VolleyBall 775131/775132  
Sp PE – Soccer 774831 774832  
Sp PE – Weight Strength Training (Introduction) 775234/ 775235  
Sp PE – Weight Strength Training (Advanced)) 775231/ 775232  
Sp PE – Yoga/Stretching 775431 775432

10th Grade Courses

Health and PHYSICAL EDUCATION

\*Con PE - Net (Racket) Sports 773700 \*  
\*Con PE- Team Sports 773800 \*  
Honors Health Education 784100  
Sp PE - Basketball 774231/774232  
Sp PE – Dance 774331 774332  
Sp PE – Fitness (Cross Training) 774531 774532  
Sp PE-VolleyBall 775131/775132  
Sp PE – Soccer 774831 774832  
Sp PE – Weight Strength Training (Introduction) 775234/ 775235  
Sp PE – Weight Strength Training (Advanced) 775231/ 775232  
Sp PE – Yoga/Stretching 775431 775432  
Yoga for Athletes 772331-772332

11th and 12th Grade Courses

Health and PHYSICAL EDUCATION

\*Con PE - Net (Racket) Sports 773700 \*  
\*Con PE- Team Sports 773800 \*  
Honors Health Education (Approval Required) 784100  
Sp PE - Basketball 774231/774232  
Sp PE – Dance 774331 774332  
Sp PE – Fitness (Cross Training) 774531 774532  
Sp PE-VolleyBall 775131/775132  
Sp PE – Soccer 774831 774832  
Sp PE – Weight Strength Training (Introduction) 775234/ 775235  
Sp PE – Weight Strength Training (Advanced) 775231/ 775232  
Sp PE – Yoga/Stretching 775431 775432  
Yoga for Athletes 772331-772332