

HALLS

HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

WELLNESS (1 CREDIT) IN THIS CLASS YOU WILL STUDY NUTRITION, PHYSICAL FITNESS, SUBSTANCE ABUSE, FAMILY LIFE AND SEXUAL HEALTH AND FIRST AID/SAFETY.

PE 1 (1 CREDIT) THIS CLASS WILL INTRODUCE RULES, SAFETY OF TEAMS SPORTS. WE LEARN ABOUT VARIOUS TEAMS SPORTS THAT CAN BE PLAYED FOR A LIFETIME.

PE 2 (1 CREDIT) THIS CLASS EMPHASIZES ON GAMES AND MORE STRATEGIES FOR WINNING IN INDIVIDUAL AND TEAM SPORTS.

WEIGHT TRAINING (1 CREDIT) THE FOCUS OF THIS CLASS IS TO LEARN HOW TO PROPERLY LIFT WEIGHTS AND PROPER SAFETY IN THE WEIGHT ROOM.

AEROBICS (1 CREDIT) EMPHASIS ON CREATING A FITNESS PLAN AND USING CROSS TRAINING TO IMPROVE CARDIORESPIRATORY ENDURANCE, MUSCULAR STRENGTH, AND FLEXIBILITY.