

COURSE NUMBER: 803
COURSE TITLE: Early Bird Physical Education
COURSE LENGTH: One Semester, One-Half Credit Meets Every Day
or
Two Semesters, One-Half Credit Meets Every Other Day
GRADE LEVEL: 11 or 12

COURSE DESCRIPTION:

Weight training and physical fitness. Class meets from 7:15 a.m. - 7:50 a.m. **Juniors and seniors who are in a sport three seasons during the school year can choose not to take physical education. If a student discontinues participating in a sport before the end of a season, the student will be enrolled in physical education for the next semester. If a student discontinues participation in a sport during the spring semester the student will be assigned to early bird p.e. for the remainder of that semester.**

Since jazz band and show choir meet before school, students in both will not be required to take physical education during the school day if doing so would keep them from taking an academic course.

COURSE RATIONALE:

This course will help students develop lifting skills, flexibility exercises and agility, necessary to participate in vigorous physical activity which develops lifetime personal fitness. The various activities will include aerobic exercises, flexibility, strength and agility activities that will improve lifelong well-being. This course will develop positive self-esteem, teach self-discipline and team work. This course will provide an opportunity to release excess energy, relieve stress. and promote relaxation.

METHOD OF INSTRUCTION:

Class participation.

ASSESSMENT:

Pass/fail grades will be determined by attendance and participation.

CRITICAL OBJECTIVES:

1. learn to find his/her own degree of coordination, posture, reflexes, and other motor reflexes
2. take part and understand the safety precautions of each activity
3. learn to find his/her own degree of fitness through conditioning activities.
4. be able to correctly develop and use a warm up, working, and cool down routine.
5. Realize the necessity of increasing his/her flexibility, strength, power, agility, balance, and endurance.
6. Gain a sense of self-confidence and pride by developing his/her own weight training program.