

Physical Education Syllabus

The goal of the Romeoville High School physical education classes is to introduce and teach the basic fundamentals of various individual and team related activities as well as health and fitness activities. Our Physical Education Staff would like to give individuals a basic knowledge of how to maintain a healthy and active lifestyle.

Physical Education 9: Beginning physical education introduces students to different aspects of team-oriented and individual physical activities that foster life-long fitness and good health. The students will learn team building skills, game strategies, fundamentals, equipment manipulation, and the rules of several physical activities.

Physical Education 10: The second year of physical education will build on the first year experiences. The activities will build on the knowledge learned their freshman year while incorporating new activities.

SAMPLE ACTIVITIES 9-10

TEAM & INDIVIDUAL ACTIVITIES	FITNESS ACTIVITIES
Basketball	Fitness Conditioning
Football	Aerobic Fitness
Soccer	Weight Training
Volleyball	Target Heart Rate
Floor Hockey	Fitness Testing

Physical Education 11: The third year of physical education will consist of elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered a choice of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

Physical Education 12: The fourth year of physical education will continue to offer elective activities designed to introduce the students to life-long fitness and recreational activities. The students will be offered additional choices of physical activities in an advanced physical education class. Students will be exposed to a minimum of 6 activities per semester.

Sample College Syllabus For Physical Education

L Cohen



Sample College Syllabus For Physical Education:

Whispering the Techniques of Language: An Emotional Journey through **Sample College Syllabus For Physical Education**

In a digitally-driven world wherever monitors reign great and quick conversation drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words usually go unheard. Yet, nestled within the pages of **Sample College Syllabus For Physical Education** a charming literary value pulsing with organic thoughts, lies an extraordinary quest waiting to be undertaken. Composed by a skilled wordsmith, that charming opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the mental depths of the moving evaluation, we can embark upon a heartfelt exploration of the book is core subjects, dissect their charming writing style, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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