

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.

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