

# 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**

**Deborah Tannehill, Dr Hans Van Der  
Mars, Ann MacPhail**



## **Sample College Syllabus For Physical Education:**

## **Sample College Syllabus For Physical Education** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Sample College Syllabus For Physical Education**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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