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

Tim Barry

Sample College Syllabus For Physical Education:

The Top Books of the Year Sample College Syllabus For Physical Education The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Sample College Syllabus For Physical Education: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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