

Physical Education/Health

PHYSICAL EDUCATION 9-10-11 (Required for Graduation)

PE is required for graduation. Seniors may take PE as an elective and earn a ½ credit toward graduation. Students with medical excuses are expected to fulfill this requirement at such time that they are physically able to do so. Under no circumstances will a student be allowed to take PE for more than one period per day. If a student fails PE he or she may only make up in their senior year.

Superior High School will fully comply with Title 9 as set forth by the Department of Health, Education and Welfare. All physical education classes will be integrated, (boys and girls).

Listed below are some of the activities that may be offered in PE according to category.

Weight Room

Individual Exercise
Power Weight Training

Aquatics

Basic Rescue & Water Safety
Fitness Swim
Hydro Aerobics
Swimming Lessons
Water Games

Team Sports

Basketball
Doubles Badminton
Eclipse Ball
Pickle Ball
Recreational Games
Square Dancing
Soccer-Speedball
Softball
Touch Football
Volleyball
Tennis

Individual Sports

Archery
Fitness Walking
Golf
Aerobic

Physical Education/Health continued

Physical Education Requirements

PHYSICAL EDUCATION
9 **301**
10 **302**
11 **303**
12 **304**
(1/2 Credit – 1 Semester)

(Freshmen and Sophomores PE)

Basic skills in several team, individual, and aquatic activities required

- 1 developmental swim unit
- 1 team unit
- 1 individual unit

(Juniors and Seniors)

Recreational and Lifetime are required

- 1 aquatic unit
- 1 team and individual unit

Freshman, Sophomore, and Junior PE will be scheduled everyday for one semester and will be **limited to one semester of PE per year.**

Seniors may choose PE for one semester (1/2 Credit)

HEALTH
9-10-11-12 **300**
(1/2 Credit – 1 Semester)

This course includes study in the following areas: Health knowledge on attitude behavior and emotions, body functions, diseases, human reproduction and first aid. This course will focus on the efforts of nutrition, fitness, tobacco, alcohol, drug abuse, stress, mental health, eating disorders, steroids, smokeless tobacco, STD's, A.I.D.S. and family violence.