

PHYSICAL EDUCATION

COURSE: Freshman P.E.

Grades eligible: 9th only

Prerequisite: None

Course Number: 2500 (boys) 2600 (girls)

Course Description: *Freshmen are enrolled in a core program that emphasizes team sports, aquatics, physical fitness activities. Skill and written tests accompany each activity unit. In addition, the students will complete a personal fitness plan. This is contained in the fitness unit, with students meeting in a classroom setting to learn the concepts and principles of fitness.*

. meets P.E. requirement for MSHS

COURSE: Fitness for Life

Grades eligible: 9th only

Prerequisite: None

Course Description: This course is designed for the individual who is committed to improve their physical fitness, athletic performance, and body composition. If you desire to be a champion, whether ut be in high school, college, or an enjoyment of fitness in organized sports, this class is for you. Participants will enjoy challenging activities such as Martial Arts, gymnastics, Weight Lifting, Sprinting, Jumping, and more.

. meets P.E. requirement for MSHS

COURSE: Sophomore P.E.

Grades eligible: 10th only

Prerequisite: Freshman P.E.

Course Number: 2501 (boys) 2601 (girls)

Course Description: *Sophomores are enrolled in a core program that emphasizes individual sports, rhythms, dance, and physical fitness activities. Skill and written tests accompany each activity unit. In addition, sophomore students will take one semester of Drivers Education and Family Life.*

. meets P.E. requirement for MSHS

COURSE: Drivers Education P.E. (one half a semester)

Grades eligible: 10th only

Prerequisite: Freshman P.E.

Course Number: 1507

Course Description: *This 9-week program emphasizes student knowledge in the rules of the road and road safety. Students passing this course are then allowed to get their drivers permit. The student will take this class the same semester as Family Life.*

. meets P.E. requirement for MSHS

COURSE: Family Life P.E. (one half a semester)

Grades eligible: 10th only

Prerequisite: Freshman P.E.

Course Number: 1507

Course Description: *This is a required course for all students graduating from MHS. This 9-week program emphasizes self-esteem, decision-making skills, communication, human development, and family. In each of these areas information that was presented on the junior level is expanded on and new areas in the family unit include rape, suicide, and child abuse. The class addresses problems that older teens may face in dating situations and stresses that abstinence from sexual activity is the best choice for teens. This will help insure that teens have the opportunity to finish their education. It also gives them more of an opportunity to realize their goals.*

. meets P.E. requirement for MSHS

COURSE: Junior / Senior P.E.

Grades eligible: 11 – 12

Prerequisite: Sophomore P.E.

Course Number: 2625

Course Description: *Juniors and seniors are enrolled in an elective program that emphasizes all areas of a good Physical Education program. Skill and written tests accompany each activity unit. Examples of the elective program are: individual sports, team sports, dance, recreational games, archery, golf, rhythms and dance, self-awareness classes (i.e., nutrition, self defense), and off-campus activities (i.e., bowling, skating, Kenju). In addition, the students will complete a lifelong fitness plan. This is contained in the fitness unit with students meeting in a classroom setting to learn the concepts and principles of lifelong fitness.*

. meets P.E. requirement for MSHS

COURSE: Sports P.E.

Grades eligible: 10 – 12

Prerequisite: on the JV or Varsity team; must be recommended by Athletic Director & Head Coach

Course Number: 2550

Course Description: *Student athletes will compete on MHS JV or Varsity teams. Student athletes must meet eligibility requirements. Students need to be in this class only during the semester of their sport.*

. meets P.E. requirement for MSHS

COURSE: Protective Services P.E.

Grades eligible: 11 – 12

Prerequisite: Freshman, Sophomore P.E., or by permission of teacher

School: HUMAN SERVICES

Course Number: 2630

Course Description: *The purpose of Protective Services P.E. is to meet the needs of students who have chosen a career path in the area of Human Services. The student will survey protective services careers (police, corrections, security, fire protection, sheriff, CHP, FBI, etc.). The course enhances student's physical fitness and awareness of gender equity and cultural sensitivity in a manner that will both prepare the student to perform physically demanding Protective services tasks and instill in the student a desire to maintain a high level of fitness and social skills throughout his/her career and lifetime.*

. meets P.E. n requirements for MSHS

COURSE: Adaptive P.E.

Grades eligible: 9 – 12

Prerequisite: IEP Placement

Course Number: 2506

Course Description: *This is an individualized course in physical education that takes into account each student's limitations and strength.*

. meets P.E. requirement for MSHS

COURSE: Band P.E.

Grades eligible: 9 – 12

Prerequisite: Band Directors permission

Course Number: 2504

Course Description: *(see Performing Arts section for description)*

. meets P.E. requirement for MSHS

COURSE: Colorguard

Grades eligible: 9 – 12

Prerequisite: Audition / tryouts in spring semester prior to year of service

Course Number: 2608

Course Description: *This class meets in conjunction with the Marching Band and follows the same schedule with September to November being the busiest.*

. meets P.E. requirement for MSHS

COURSE: P.E. Waiver

Grades eligible: 11 - 12

Prerequisite: Band Students who need to meet the 30 required P.E. credits for MSHS graduation or a student who cannot take a desired course in his/her career school.

Course Number: 2509

Course Description: *Students meet with teacher where assignments are given. Students are expected to keep a log of daily physical activities and to return them to the teacher on a timely assigned basis. Students are to remain in this course for the entire school year in order to receive 10 physical education credits to be waived.*

. will waive 10 P.E. credits to satisfy the MSHS P.E. requirement

COURSE: Pep & Cheer/PE Dance

Grades eligible: 9 – 12

Prerequisite: Audition / tryouts in spring semester prior to year of service

Course Number: 2609/2635

Course Description: *Students who are chosen to be on the pep & cheer squad will be expected to perform throughout the school year in a variety of activities, i.e., all athletic games, rallies, special events, etc.*

. meets P.E. requirement for MSHS