

Proposal to Add a New Course: Fall Physical Education

COURSE TITLE:

Fall Physical Education

PREREQUISITE:

None

LENGTH:

One semester (Fall semester)

OPEN TO:

Freshmen and sophomores

DESCRIPTION:

Fall Physical Education will focus on developing students' skills, teamwork, communication, and sportsmanship through participation in a variety of team sports. Students will engage in activities that promote collaboration, strategy, and active participation. The course will also incorporate the use of the Wellness Room for cardio days, allowing students to improve cardiovascular endurance, build fitness, and develop healthy exercise habits. Fall Physical Education will emphasize team sports, while Spring Physical Education will focus on individual sports and personal skill development. Offering different areas of emphasis each semester will provide students with varied physical education experiences and opportunities to develop a broader range of skills, whether they take PE for one semester or both semesters.

SEQUENCE:

This course may be taken by freshmen or sophomores during the fall semester. Students may take Spring Physical Education during the spring semester, which will emphasize individual sports, personal fitness, and self-improvement.

COST:

No additional cost beyond standard Physical Education course fees.

RATIONALE:

Offering Fall Physical Education to both freshmen and sophomores will provide students with greater flexibility in course selection and scheduling. Rather than separating Physical Education courses by grade level, opening enrollment to both grades will allow students to select the course based on their interests and availability. This change will simplify the scheduling process, provide more flexibility when building student schedules, and maintain a focus on team sports, cardiovascular fitness, and overall wellness. Offering distinct team sport and individual sport focuses across the fall and spring semesters will provide variety for students who enroll in Physical Education both semesters. This structure will allow students to experience different activities, develop a wider range of physical skills, and benefit from a more varied Physical Education experience while maintaining flexibility in course selection and scheduling.

IMPLEMENTATION:

Fall Physical Education will be offered as a one-semester course during the fall semester. The course will be available to all incoming freshmen and sophomores during the course selection process. Instruction will include a variety of team sports, skill development, and scheduled Wellness Room days focused on cardiovascular exercise and fitness.

STAFFING IMPACT:

No additional staffing will be required. The course will be implemented using existing Physical Education staff and facilities in place of freshman and sophomore PE.

Proposal to Add a New Course: Spring Physical Education

COURSE TITLE:

Spring Physical Education

PREREQUISITE:

None

LENGTH:

One semester (Spring semester)

OPEN TO:

Freshmen and sophomores

DESCRIPTION:

Spring Physical Education will focus on developing students' individual sport skills, personal fitness, and self-improvement through participation in a variety of individual sports and activities. Students will work to improve their skills, build confidence, set personal goals, and take responsibility for their own progress. The course will also incorporate the use of the Wellness Room for cardio days, allowing students to improve cardiovascular endurance, build fitness, and develop healthy exercise habits. Fall Physical Education will emphasize team sports, while Spring Physical Education will focus on individual sports and personal skill development. Offering different areas of emphasis each semester will provide students with varied physical education experiences and opportunities to develop a broader range of skills, whether they take PE for one semester or both semesters.

SEQUENCE:

This course may be taken by freshmen or sophomores during the spring semester. Students may take Fall Physical Education during the fall semester, which will emphasize team sports, teamwork, communication, and sportsmanship.

COST:

No additional cost beyond standard Physical Education course fees.

RATIONALE:

Offering Spring Physical Education to both freshmen and sophomores will provide students with greater flexibility in course selection and scheduling. Rather than separating Physical Education courses by grade

level, opening enrollment to both grades will allow students to select the course based on their interests and availability. This change will simplify the scheduling process, provide more flexibility when building student schedules, and maintain a focus on individual sports, personal fitness, goal setting, and overall wellness. Offering distinct team sport and individual sport focuses across the fall and spring semesters will provide variety for students who enroll in Physical Education both semesters. This structure will allow students to experience different activities, develop a wider range of physical skills, and benefit from a more varied Physical Education experience while maintaining flexibility in course selection and scheduling.

IMPLEMENTATION:

Spring Physical Education will be offered as a one-semester course during the spring semester. The course will be available to all incoming freshmen and sophomores during the course selection process. Instruction will include a variety of individual sports and activities, opportunities for personal skill development and goal setting, and scheduled Wellness Room days focused on cardiovascular exercise and fitness.

STAFFING IMPACT:

No additional staffing will be required. The course will be implemented using existing Physical Education staff and facilities in place of freshman & sophomore PE.