

# PHYSICAL EDUCATION CURRICULUM

For additional course description information, please visit the PE department page at:  
<http://sabinohighschool.weebly.com/physical-education--health.html>

The Physical Education Department at Sabino High School requires each student to be present, dressed out in the proper uniform, and participating to receive full daily credit. Uniforms are sold in the Sabino Bookstore. Care of equipment is expected and a charge for damaged equipment will be assessed at the discretion of the instructor.

## DANCE

Students wanting to be in Dance 3, 4; 5, 6; or 7, 8 must attend an audition. Please note that these classes are performing classes and extra practices outside of the regular school are expected.

### DANCE 1, 2 (BEGINNING)

<b>Graduation Requirements:</b>	Physical Education <u>or</u> Elective	<b>Prerequisites:</b>	None
<b>Open to Grades:</b>	9 – 12	<b>Length of Course:</b>	2 Semesters
<b>Course Codes:</b>	16011 / 16012	<b>Note:</b>	

**Description:** This course emphasizes beginning fundamentals by developing strength, balance, coordination, and flexibility through dance technique. Dance uniforms and dance shoes are required and can be purchased through the Dance Club.

**Homework:** Required for missed activities.

### DANCE 3, 4 OR 5, 6 (INTERMEDIATE I & II)

<b>Graduation Requirements:</b>	Physical Education <u>or</u> Elective	<b>Prerequisites:</b>	Audition
<b>Open to Grades:</b>	9 – 12	<b>Length of Course:</b>	2 Semesters
<b>Course Codes:</b>	16013 / 16014 Int. Dance I 16015 / 16016 Int. Dance II	<b>Note:</b>	

**Description:** This dance class is based on the building of technique and choreographic repertoire. Original choreography will be developed over the course session, with a focus on developing strong technique and innovation. Dance uniforms and dance shoes are required and can be purchased through the Dance Club.

**Homework:** Required for missed activities.

### DANCE 7, 8 (ADVANCED)

<b>Graduation Requirements:</b>	Physical Education <u>or</u> Elective	<b>Prerequisites:</b>	Audition
<b>Open to Grades:</b>	9 – 12	<b>Length of Course:</b>	2 Semesters
<b>Course Codes:</b>	16017 / 16018	<b>Note:</b>	

**Description:** This class is based on advanced teaching of technique and choreographic repertoire. The course will focus on developing the student's strong skills in anatomical and rhythmical awareness and qualitative movement skills. Dance uniforms and dance shoes are required and can be purchased through the Dance Club.

**Homework:** Required for missed activities.

## PHYSICAL EDUCATION

<b>Graduation Requirements:</b>	Physical Education <u>or</u> Elective	<b>Prerequisites:</b>	None
<b>Open to Grades:</b>	9 – 12	<b>Length of Course:</b>	1 Semester
<b>Course Codes:</b>	16109	<b>Note:</b>	

**Description:** Emphasis will be placed on learning skills through drill, practice and game experience as well as rules of competition and game strategies. General physical fitness will be enhanced through participating in exercise programs.

**Homework:** Required for missed activities.

## WEIGHT TRAINING

<b>Graduation Requirements:</b>	Physical Education <u>or</u> Elective	<b>Prerequisites:</b>	None
<b>Open to Grades:</b>	9 – 12	<b>Length of Course:</b>	1 Semester
<b>Course Codes:</b>	16457	<b>Note:</b>	

**Description:** Students will be exposed to lifts and different workout routines. Cardiovascular work will also take place. Goals are improved strength, speed, agility, balance, flexibility, and cardiovascular strength.

**Homework:** Required for missed activities.

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## HEALTH

**Graduation Requirements:** Health

**Open to Grades:** 9 – 12

**Course Codes:** 16307

**Prerequisites:** None

**Length of Course:** 1 Semester

**Note:**

**Description:** Students demonstrate the ability to advocate for personal, family and community health, to use goal setting and decision-making skills to enhance health, to use interpersonal skills to enhance health, to analyze the influence of culture, media, technology and other factors on health, to practice health-enhancing behaviors and reduce health risks, to access accurate health information and to comprehend concepts related to health promotion and disease prevention.

**Homework:** Daily homework requirements are designed to develop and improve research, writing, critical thinking, information processing, and reading skills. Homework is comprised of a series of comprehensive assignments that will be given throughout the course of the semester.