

# Williston High School

## Physical Education Requirements

1 credit of Physical Education 9/10 Boys & Girls is required for graduation

<b>Freshman Year</b> ½ credit Physical Education 9/10 Boys & Girls ½ credit Weight Lifting for Athletes ½ credit Weight Training & Conditioning	<b>Sophomore Year</b> ½ credit Physical Education 9/10 Boys & Girls ½ credit Weight Lifting for Athletes ½ credit Weight Training & Conditioning
<b>Junior Year</b> ½ credit Weight Lifting for Athletes ½ credit Weight Training & Conditioning ½ credit Fitness for Life ½ credit Racket Sports	<b>Senior Year</b> ½ credit Weight Lifting for Athletes ½ credit Weight Training & Conditioning ½ credit Fitness for Life ½ credit Racket Sports
<b>** Students must dress and be prepared to participate in all physical education classes.</b> <b>**Students will be required to bring their own combination paddle lock for their lockers assigned to them in the locker room for their physical education clothes.</b>	

◆ **Physical Education 9/10 Boys & Girls**

Class Type: Required  
 Grade Level: 9-10  
 Credit: 1/2  
 Pre-requisite: None  
 Extra Costs: Bowling, Mini Golf

Physical Education class will focus on the basic fundamentals of lifetime activities. These activities include bowling, tennis, badminton, pickle ball, softball, curling, archery, eclipse ball, golf, swimming, broomball and volleyball will be taught. Emphasis will be placed on learning the proper fundamentals and rules of each activity.

*\*Option of summer school is available before both freshman and sophomore years. This credit must be completed by the end of sophomore year.*

◆ **Weight Lifting for Athletes**

Class Type: Elective  
 Grade Level: 9- 12  
 Credit: 1/2  
 Pre-requisite: None

The class is open to freshmen, sophomores, juniors, and seniors. The class is designed for the serious lifter and athletes. A lifting program will be designed to fit the sport's requirements. Students who are in High School athletics are **STRONGLY** encouraged to take this class. **All Freshman and Sophomores MUST have fulfilled their PE requirement prior to taking class.**

**\*Does not count for Phy Ed Credit**

◆ **Weight Training & Conditioning**

Class Type: Elective  
Grade Level: 10,11,12  
Credit: 1/2  
Pre-requisite: 9 & 10 PE

This class is open to sophomores, juniors and seniors who have fulfilled their PE requirement for graduation. This class is for individuals interested in learning weight lifting techniques, circuit training, swimming, and aerobic fitness. Students who are in High School Athletics are **STRONGLY** encouraged to take this class. All Freshman and Sophomores **MUST** have fulfilled their PE requirement prior to taking class.

**\*Does not count for Phy Ed Credit**

◆ **Fitness for Life**

Class Type: Elective  
Grade Level: 11-12 *with advanced skills and ability*  
Credit: 1/2  
Pre-requisite: 9<sup>th</sup> & 10<sup>th</sup> PE  
Extra Costs: Bowling, Mini Golf

**This is a class of *advanced skills and ability*** and is geared towards those who have an interest in physical activity. The activities that are taught will enhance the quality of life at any age. Some of the activities include aerobic fitness, weight training, archery, snowshoeing, curling, broomball, plus tennis, bowling, volleyball, golf, swimming, and other games. Hunter Safety will also be taught as a part of this and each student will become Hunter Safety certified.

**\*Does not count for Phy Ed Credit**

◆ **Racket Sports**

Class Type: Elective  
Grade Level: 11, 12  
Credit: 1/2  
Pre-requisite: 9<sup>th</sup> & 10<sup>th</sup> PE  
Extra Costs: Bowling, Mini Golf

This class will involve teaching the *advanced* fundamentals and perfecting the skills in the following racket sports: racquetball, tennis, badminton, pickle ball and eclipse ball. Other lifetime activities will also be incorporated into the class. **Class limited to 16 students.**

**\*Does not count for Phy Ed Credit.**