PHYSICAL EDUCATION 1
Knowledge of the components of physical fitness, exercise techniques, and training principles will be taught and assessed to meet district and California State Standards. Students will maintain portfolios, log daily fitness information and develop personalized fitness programs that will promote a healthy lifestyle. The class introduces students to a variety of dual and individual sports. A unit on aquatics and rhythm and dance will also be taught. All students will be tested in the state mandated Fitness gram.

PHYSICAL EDUCATION 2
The emphasis of this class will be analyzing skills for effective movement and developing strategies for positive interpersonal relations. The class introduces students to a variety of team sports and activities, allowing students to prepare for a lifetime of physical activity. Any student that did not pass Fitness Gram during Physical Education 1 will need to be reassessed during this class.

BODY CONDITIONING
**Prerequisite: Successful completion of 10 units of PE 2**
Students will be involved in enhancing physical performance and personal wellness through weight lifting and cardiovascular activities. Students will learn proper techniques of lifting and keep a personal portfolio to enhance conceptual understanding of human performance.

ADVANCED BODY CONDITIONING
**Prerequisite: Successful completion Body Conditioning**
Students will be involved in enhancing physical performance and personal wellness through weight lifting and cardiovascular activities. Students will learn proper techniques of lifting and keep a personal portfolio to enhance conceptual understanding of human performance. Students will be asked to compare results from their first portfolios to their 2nd portfolio and assess what needs to happen within the program for them to continue to become better within each component of Fitness.

PHYSICAL EDUCATION X - ADVANCED PE
**Prerequisite: Successful completion of 10 units of PE 2.**
Advanced conditioning class designed for athletes on interscholastic teams. Fall athletes sign up for Terms I&2, spring athletes sign up for Terms 3&4.

MODERN DANCE
**Prerequisite: Successful completion of 10 units of PE 2.**
Dance includes beginning lessons in tap, ballet, cultural and folk dancing, and line dancing. A professional choreographer assists in the teaching of jazz and hip hop. Students will have an opportunity to choreograph routines both individually and in groups. Dance shoes are required.