

Pine M.S. P.E.

Semester Offered: Full year or fall/spring

Course Content: Pine's P.E. curriculum is designed to offer a wide range of activities which include team sports, dual, individual sports, lifetime sports, and physical fitness.

Class Requirements: 1) All students taking a P.E. class are required to purchase a P.E. uniform which costs \$25. Since many of our classes will be held outside, proper sweat suits are suggested to go over the required uniform. 2) Students are asked to participate in daily activities, to the best of their ability. 3) Students are required to make-up activities missed while being absent.

Course Goals:

Content Standard 1.0: Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Content Standard 2.0: Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Content Standard 3.0: Participate regularly in physical activity.

Content Standard 4.0: Achieves and maintains a health-enhancing level of physical fitness