

INTRODUCTION TO FITNESS

Requirement area: **PE or Elective**

Course code: PIF100

Grade Level: 9, 10

Prerequisite: None

Length: 1 semester (0.5 credit)

Homework: 0-30 minutes per week

Fee: \$5

Description: This course is designed for 9th and 10th graders to continue their knowledge of the components of fitness and the guidelines, skills and expectations for future physical education classes. Students will participate in a variety of activities including preparatory skills taught in Body Conditioning, Core Fitness and Team Sports. Students will also complete the necessary Classroom-Based Assessments for Fitness to meet state requirements. This class is required for incoming 9th graders or 10th graders who have not had PE as a 9th grader.