

PHYSICAL EDUCATION

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Grade Level: 7 & 8

This course provides students with the opportunity to participate in an engaging and comprehensive program of cardiovascular, strength and skill development through participation in team sports and physical education activities. Students will receive instruction in rules, skills and strategies associated with different sports as well as training in physical conditioning activities. The goal of this class is to promote lifelong fitness as well as values such as the spirit of cooperation, leadership, sportsmanship and friendly competition.

Personal Fitness

This physical education course will educate students about the physiology of the human body, and how physical activities affect the body. With the guidance of the teacher, students will be exposed to a variety of workout styles including but not limited to circuit training, barre, medicine balls, tabata, as well as exposure to some traditional sports. The goal of the class is to inspire lifelong fitness by increasing engagement in activities that further personal strength and/or conditioning. Students will also have the opportunity to see how their learning and efforts carry over into other activities and aspects of life.

Basketball PE

This course is designed to develop and understand the sport of basketball. The class provides the rules, strategies, and basic fundamentals, physical awareness and court awareness for participating in the sport.

ADAPTED PHYSICAL EDUCATION

The APE Peer Tutor program is the use of peer tutors to assist students with special-needs within the physical education environment. A.P.E. Peer tutors suit up for active participation in physical activity and receive P.E. credit. Tutors gain self-satisfaction, personal growth, and a better understanding of students with special needs, as they become involved with the students and the program. Fitness testing and writing a research paper are essential elements of evaluation for all students enrolled in this course. Prerequisites: Adapted Physical Education peer tutor character reference report submitted (Teacher Recommendation).

INDEPENDENT STUDY PE

(SDUHSD Online ISPE Contract & Paperwork required; must apply and meet criteria for enrollment.) This course is designed for the athlete who competes in an individual sport. Students are off campus during period 1 or 6 to participate in their sport.

Surf PE

Grade Level: 8

In this PE class, you will practice and have opportunities to improve your surfing and/or body boarding skills at the beach. Participating students will also learn about beach and ocean awareness and safety. The course will be held adjacent to Moonlight Beach in Encinitas during the last block class, two days a week during your student's PE class. The class will dress out in traditional PE clothes at Diegueno on single period days and when class at the beach is cancelled due to inclement weather, poor water quality, or extenuating circumstances.