



BETHEL PARK SENIOR HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT

BASIC PHYSICAL EDUCATION PROGRAM (9th-12th)

A. Physical Fitness Component:

This component emphasizes the development of those factors identified with health-related fitness. There will be five fitness developmental stations; swimming, walking/jogging, aerobic dance, fitness circuit, and circuit training. Within each of the fitness stations, students will work on improving their level of cardiovascular endurance, flexibility, muscular endurance, muscular strength and body composition.

B. Sports Related Activities Component:

This component refers to those areas which combine basic movement and fitness factors into complex movement patterns. These specialized activity areas are presented as aquatics, team sports, individual sports, and lifetime sports. Each of the specialized activity areas is organized into three levels of performance:

LEVEL I: BEGINNER

LEVEL II: INTERMEDIATE

LEVEL III: ADVANCED

Students will be grouped for instruction, and graded according to the performance objective within their particular skill levels.

C. Adaptive/Adapted Physical Education Component:

Students that are temporarily or permanently unable to participate in a safe, successful manner may be assigned to an adapted/adaptive class. The class will be modified where their needs can be properly met.

Students are required to take at least one semester of Physical Education each school year. Students will participate in a fitness class

3 days a week (M-W-F). The remaining two days (T-R) will be devoted to sports related activities.

The selection of specialized sport activities will take place at the beginning of each nine week period. The fitness related component will continue throughout the semester. Seniors will be extended the courtesy of selecting first, then juniors, etc. The number of students enrolled in a class will be determined by the availability of facilities, teaching personnel, and safety considerations.

A portion of the student's physical education time in grades 9 and 10 will be used to fulfill the curriculum swimming requirements.

IF YOU HAVE ANY QUESTIONS, PLEASE E-MAIL US

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