Physical Education Program

This program provides the opportunity for students to become involved in activities that can be enjoyed now and for most of their lives. The primary objectives of the Physical Education program are development of skills in a variety of physical activities and an appreciation of physical fitness. Two years of P.E. credit are required for graduation. All freshman students must be enrolled in Health and Fitness. The second year of P.E. credit may be fulfilled in any other school year and can be fulfilled through a variety of options.

Health and Fitness
Grade 9 (Required for All Students)
Health and Fitness is designed to help develop the student physically, mentally, emotionally and socially. The student is expected to participate in physical and learning activities that assist in meeting these goals. The experiences presented in the course are designed to build rapport among the students and help students develop knowledge, understanding, habits, attitudes and ideals necessary to maintain physical, mental, and emotional health. Two years (four semesters) of P.E. credit are required for graduation. All freshman students must be enrolled in Health and Fitness. The second year of P.E. credit may be fulfilled in any other school year.

Students with medical exemptions must submit a doctor’s note with specific dates of exemption and information to the Health Office, Guidance Office, and PE Office.
During 10th – 12th grade years, students can receive P.E. credit by participating on a LGHS sports team or through one of the courses listed below. Students will receive 5 credits for each completed fall/winter or spring sport. For students who complete both a fall and a winter season in a given academic year, the winter sport will be credited for five units, as that is the sport for enrollment at the end of the fall semester. For those who complete a fall sport only, the fall sport will be awarded five units.

**PE Classes for Grades 10-12**

**PE – Yoga and Mindfulness**  
*Grades 10 -12*  
This course is designed to safely introduce students to the basic postures, breathing techniques, anatomy and relaxation methods of yoga and mindfulness. Introduction to yoga will focus on mind body awareness. Students will practice mindfulness techniques such as visualization, meditation and breathing that help alleviate stress and anxiety. Yoga is adaptable to all fitness levels and participants concentrate on their own personal practice. The focus is on personal growth, self-awareness and individualized development. Introduction to yoga can be taken as an elective or as a second year general PE credit. The aim of this course is to promote wellness and a healthy lifestyle.

**PE – Group Sports**  
*Grades 10 -12*  
The group sports program is designed to meet the needs and enhance the experience of every student. It will provide the knowledge, skills and confidence that students will need to maintain meaningful physical activity through their lifetime. This course will include activities such as: swimming, tennis, soccer, basketball, volleyball, badminton, team handball, Frisbee golf, softball and aerobic fitness training.

**PE – Life Fitness**  
*Grades 10 -12*  
This course is designed to promote functional strength and mobility for everyday/life activities. Students will participate in challenging activities with an emphasis on functional body weight exercises. This class will involve both static and dynamic stretching through yoga movements that will emphasize flexibility and mobility. It will also include metabolic conditioning and lifetime activities to improve overall aerobic capacity, such as: running, circuit training, step-aerobics, Pilates, and much more.

**PE – Optimum Fitness**  
*Grades 10 -12*  
*Recommended Prerequisites: Ability to workout independently and responsibly with weights and workout equipment*  
This course is for students who want to get fit and stay fit for life. This course will concentrate on exercise and weight training that can be applied for a lifetime of good
health. The course include work in the areas of flexibility, core (ab and lower back) training, aerobic training, circuit training, nutrition, running and jogging technique, and may include cross fit training. Students will be pre-tested and post-tested in flexibility, strength and aerobic conditioning. Once the students have learned the basics of the workouts, they will be tested periodically during the course to best decide what their workouts should include. They will focus on those areas where gains need to be made. Students will also learn how to develop or create their own workouts to best suit their needs in the future in order to maintain good health for a lifetime of fitness.

**Sports and Other PE Options**

<table>
<thead>
<tr>
<th>First Semester Sports</th>
<th>Second Semester Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Season</strong></td>
<td><strong>Winters Season</strong></td>
</tr>
<tr>
<td>Boys/Girls X Country</td>
<td>Boys/Girls Basketball</td>
</tr>
<tr>
<td>Girls Field Hockey</td>
<td>Boys/Girls Soccer</td>
</tr>
<tr>
<td>Boys Football</td>
<td>Wrestling</td>
</tr>
<tr>
<td>Girls Golf</td>
<td></td>
</tr>
<tr>
<td>Girls Tennis</td>
<td></td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td></td>
</tr>
<tr>
<td>Boys/Girls Water Polo</td>
<td></td>
</tr>
</tbody>
</table>

**PE – Spirit Squad**

This squad meets during period 7, and participation is determined by try-outs. Students who make Spirit Squad will be required to spend many hours outside of their regular class in practice and performance at games. Expenses include uniforms and other essentials necessary for public performances. Participation in spirit related activities (Football Program sells, Phone-A-Thon campaign, Father/Daughter Dance, etc.) is required. Auditions requiring workshop participation will be held in the spring.

**PE – Dance Team**

Dance Team meets during Period 7, and participation is determined by audition. Students who join the LGHS Dance Team will spend many hours outside of the regular class in practice and performance. Dancers’ backgrounds range from having past experience in ballet, ballet folkoric, competitive dance, Bay Area performing companies, to theater. Sometimes relatively new dancers who have a sincere desire to learn and improve their art will be added to the team. Dancers support their school with dance performances at different venues throughout the school year. Auditions will be held in the spring.

**PE – Colorguard 1-4**

*Grades 9-12*

*Recommended Prerequisites: Auditions may be necessary for particular equipment or specific elements of the ensemble.*
Colorguard is a yearlong performance based course that combines dance and equipment choreography (i.e., flags, rifles, and saber) to create an ensemble visual routine. The members of this ensemble will combine with the marching band for the fall semester. During the spring semester, the ensemble will perform as a winter guard. This class will require after school time commitments throughout the year. Members of this ensemble are required to participate in both fall and spring seasons.

P-Marching/Symphonic Band 1, 2, 3, 4
Grades 9-12
Recommended Prerequisites: None
This is a course that develops musical skills and techniques by performing a variety of high quality literature. During the fall, the band focuses on the marching show and performs at various competitions, at home football games and other community events. During the remainder of the year, the band works on concert music and participates in concerts and festivals. Enrollment in the fall semesters of Marching Band, grades 10-12, fulfills three semesters (15 units) of Physical Education, beyond Health and Fitness in the 9th grade.