

## **DEPARTMENT OF PHYSICAL EDUCATION**

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically active lifestyle and understands the relationship between physical activity and health throughout life.

### **FOUNDATIONS OF PERSONAL FITNESS**

*Grade: 9*

*Prerequisites: none*

*Credit: ½ credit (required for graduation)*

Foundations of Personal Fitness represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified

### **HEALTH**

*Grade: 9*

*Prerequisites: none*

*Credit: ½ credit (required for graduation)*

Note: Health Science Technology students receive health credit for HST I or HST II Students will develop skills that will make them health-literate adults. Students gain a deeper understanding of the knowledge and behaviors they use to safeguard their health – particularly pertaining to health risks. Students are taught how to access accurate information that they can use to promote health for themselves and others. Students use problem-solving, research, goal setting and communication skills to protect their health and that of the community.

### **PE TEAM SPORTS**

*Grade: 10 - 12*

*Prerequisites: Foundations of Personal Fitness and Health*

*Credit: ½ credit*

Students enrolled in Team Sports are expected to develop health-related fitness and an appreciation for team- work and fair play. Like other high school physical education courses, Team Sports is less concerned with the acquisition of physical fitness during the course than reinforcing the concept of incorporating physical activity into a lifestyle beyond high school. reinforcing the concept of incorporating physical activity into a lifestyle beyond high school.

### **ADVENTURE/OUTDOOR EDUCATION**

*Grade: 10 - 12*

*Prerequisites: Foundations of Personal Fitness; Health*

*Credit: ½ credit*

Students enrolled in adventure and outdoor education are expected to develop competency in out-door educational activities that provide opportunities for enjoyment and challenge. Emphasis is placed on activities that promote respect for the environment and that can be enjoyed for a lifetime. Students will be able to demonstrate competency in two or more of the following outdoor educational activities: backpacking, boating, camping, hiking, water sports or water safety.

### **INDIVIDUAL SPORTS**

*Grade: 10 - 12*

*Prerequisites: Foundations of Personal Fitness and Health*

*Credit: ½ credit*

Texas (recognized by the City of Houston) Department of Health Certification Exam. All students are urged to take this exam as it instantly sets them apart from all others who will be seeking employment... whether in the food industry or not. It is also required for return to the course for the 2nd and 3rd years.

# DEPARTMENT OF ATHLETICS

The Washington Athletic Program is designed to enable student athletes the opportunity to participate in organized, competitive sports. All sports are designed to enhance the students' athletic ability while stressing high academic standards. All athletes must have a willingness to spend time during and after school to attend practice both in season and off-season. Each athlete will be assigned a class period designed to enhance skills and allow for practice during the school day. All athletics will receive PE credit for each athletic period. All Washington coaches are trained and dedicated professionals who want the best for each Washington athletic.

Grade: 9 - 12

Prerequisites: Many freshmen are able to enroll in an athletic period prior to try outs; however, we recommend that students contact the coaching representative for the specific sport for approval.

Required paperwork must be completed prior to participation, such as parent approval form, physical exam by a licensed physician, insurance payment or waiver.

Credit: ½ credit per semester up to 2 full credits; see counselor for limitations and restrictions.

## Boys:

**Basketball**  
**Baseball**  
**Football**  
**Soccer**  
**Track/Field**

## Girls:

**Basketball**  
**Cheerleading**  
**Soccer**  
**Softball**  
**Track/Field**