

PVHS Physical Education Department

2008-09 Course Descriptions

Health Education	This semester course meets the state-mandated curriculum requirement. Students are engaged in activities that foster the development of optimal physical, mental, and social well being, leading to healthy choices and life-long good health and health literacy. The health education standards address the four unifying ideas for health literacy found in the Health Framework for California Public Schools. The unifying ideas are (1) acceptance of personal responsibility, (2) respect for and promotion of the health of others, (3) an understanding of the process of growth and development, and (4) the informed use of health-related information, products, and services. The curriculum is woven under these unifying ideas and implemented through a meaningful, student-centered approach, providing opportunities for participation, recognition, and successful achievement.
PE	In this two-semester course, students focus on individual and team sports of choice, (e.g., dance, personal defense, and physical fitness). Emphasis is placed on analysis of the physiological and mechanical principles involved in human movement to achieve personal fitness goals.
PE Band	Athletic and competitive activities in addition to performances and concerts. PE credits for grades nine and ten; may be taken for Fine Art credit in grades eleven and twelve.
PE Choreo	This is an advanced level production course which prepares for performance at the annual dance concert. Students demonstrate various dance techniques, styles of dance, and use of creativity through choreography. First semester students work on increasing flexibility through stretching and are exposed to dance techniques. Second semester students work on intermediate to advanced technique and choreograph solo and group dance works. In the eleventh and twelfth grade, this course counts as a fine arts requirement.
PE Dance	In this course, students demonstrate various dance technique, styles of dance and use creativity through choreography. First semester students work on flexibility, strength and dance fitness activities, as well as basic dance technique and choreography. Second semester, students work on intermediate to advanced technique, choreograph solo and group works, and have performance opportunities.
PE Intermediate Dance	This is an intermediate level dance class where students demonstrate understanding of various major dance traditions, techniques, styles of dance, and use of creativity through choreography in a variety of times and places. Students will prepare for performance at the annual dance concert. First semester students will work on increasing flexibility through stretching and are exposed to intermediate dance techniques. Second semester they will work on solo and group choreography and prepare for the spring dance concert. In the eleventh and twelfth grade, this course counts as a fine arts requirement. Students learn to critically assess and derive meaning from works of dance and performances, based on the elements of dance and aesthetic qualities.