

Athletics/Physical Education

Athletics

TEDS: Various

KISD: Various

Credit: 1

Grade: 9-12

Prerequisite: Approval from the coach of each sport

Athletics provide students with the opportunity to fine tune their athletic abilities and compete against students from other schools. Participation in athletics develops self-discipline, cooperation, leadership, responsibility, self-control and selflessness of participation in team sports. If approved, an annual physical examination is required before participating in any sport.

Cheerleading

Cheer 1: **TEDS:** PES00000

KISD: 52201

Cheer 2: **TEDS:** PES00001

KISD: 52202

Cheer 3: **TEDS:** PES00002

KISD: 52203

Cheer 4: **TEDS:** PES00003

KISD: 52204

Credit: 1

Grade: 9-12

Prerequisite: Selection by tryout

This course includes learning and practicing cheerleading skills and stunts for athletic events and training in various areas: rhythms, gymnastics, and tumbling. Students will receive one PE Substitution Credit for Cheerleading.

Lifetime Recreation and Outdoor Pursuits

TEDS: PES00053

KISD: 50303

Credit: 1

Grade: 9-12

Prerequisite: None

Outdoor education provides opportunity for enjoyment and challenge with emphasis upon a selection of activities that promote respect for the environment and can be enjoyed for a lifetime. Certifications may be earned in Hunters Education, Anglers Education, and Boaters Education for an extra fee.

Lifetime Fitness and Wellness Pursuits

TEDS: PES00051

KISD: 50401

Credit: .5-1

Grade: 9-12

Prerequisite: None

The 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 cornerstone of this course and is exemplified by one of the course objectives – students designing their own personal fitness program.

PE/Skill-Based Lifetime Activities

TEDS: PES00056

KISD: 50404

Credit: .5-1

Grade: 9-12

Prerequisite: None

Students in Individual Sports are expected to participate in a wide range of individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual sport activities that are enjoyable is a major objective of this course.

Health Education

TEDS: 03810100

KISD: 5001

Credit: .5

Grade: 9-12

Prerequisite: None

Health Education enables each student to develop an understanding of the attitudes and habits that are conducive to healthful living. The Health Education class will help students develop skills that will make them health-literate adults. Students will use problem-solving, research, goal-setting, and communication skills to protect their health and that of the community. This course does *not* count towards the physical education graduation requirement.

Unified PE

TEDS: PES00051

I

KISD: 50405

TEDS: PES00056

II

KISD: 50366

TEDS: PES00053

III

KISD: 50377

Credit: 1

Grade: 9-12

Prerequisite: Application

Unified P.E. is a success oriented physical education course for students with special needs and peer partners. This course can be taken for physical education credit or as an elective. Unified P.E. will enhance the existing academic schedule by offering a class that includes students with and without disabilities working together to encourage physical activity while developing respect for one another. This course promotes physical activity, acquisition of individual lifetime wellness skills, team sports, and recreational activities while fostering relationships and developing leadership skills in the peer partners. The goals of the Unified P.E. course are (1) to meet the physical education requirement for the students with disabilities in an environment of support and partnership, to increase their social skills, create friendships, and build self-esteem, and (2) to meet the physical education requirement for the students without disabilities, to develop leadership skills, to learn to interact and develop respect and empathy for their peers with disabilities, and to understand from first-hand experience the expectations for careers working with individuals with special needs.