



Chico High School Physical Education Courses

High School Graduation Requirements:

9th Grade: Course 1

PE9:

This traditional Physical Education class is for all 9th graders. It focuses on the mandatory State Physical Fitness Testing along with a diverse curriculum involving both team and individual sports.

10th-12th Grade: Course 2 Options

PE10:

Traditional Physical Education Course focusing on units involving team and individual sports not covered in PE9.

Fitness for Life:

Non-Traditional Physical Education Course that focuses on lifetime fitness based activities.

Independent Study PE:

Students interested in adding more courses to their academic schedule can take an extra class period during 0 period. Students in this course are forfeiting the option to be a Teacher's Aide or have an Open Period during high school. Students are required to get 200 minute of verified activity each week from a list of acceptable activities. In addition to documenting minutes outside of school time, students are responsible for attending morning fitness meetings at 7:00am once a week and completing weekly homework assignments. Students in CUSD sports will be exempt from morning meetings during their sports season.

Electives:

Leisure Sports:

Students participate in a variety of team and individual sports and games throughout the year.

Sports Conditioning:

Students are challenged to increase their physical fitness through a variety of fitness activities. This **intense** course includes weight training, interval training, cardiovascular endurance, flexibility, and much more.