

PHYSICAL EDUCATION CURRICULUM

Physical Education 1 (PE 1):

The required Physical Education 1 (PE 1) course in secondary schools must occur over the equivalent of two semesters. For one semester, personal fitness and wellness education are required. Also, for one semester, a choice of movement forms must be offered from the following categories: fitness for life, net/racket activities, target activities, team activities, individual activities, dance, and other pursuits. A list of the secondary movement forms may be found in the Appendix B Physical Education 7-12 Guidelines Curriculum Guide Content Outline Volume II at the website, http://www.sde.state.sc.us/offices/cso/standards/pe/documents/pe_standards.pdf.

The required PE 1 course must be conducted so that every student will meet the four SC High School PE Student Performance criteria as mandated by the SC Department of Education. Students who successfully complete PE 1 with a passing grade of 70% or higher will demonstrate the abilities, concepts, knowledge, and skills required to:

- 1) demonstrate competence in two movement forms
- 2) design and develop an appropriate six-week personal fitness plan to achieve a desired level of personal fitness
- 3) participate regularly in health-enhancing physical activity outside the physical education class for six weeks
- 4) meet the standard for health-related physical fitness for his/her age group published by the National Association for Sport and Physical Education.

The following parameters apply to all Greenville County Schools regarding PE 1:

- Students must have the opportunity to take PE 1 by the end of the tenth grade.
- Students can only take a course with a course number beginning with the four digits **3441 one time** during their high school career. The only exception is if a student makes a D or F in the course, then according to the SC Uniform Grading Policy, he/she must retake the course **within one year**. The student's transcript must reflect the grades from both courses.
- All scheduled sections of a course with a course number beginning with the four digits **3441** must contain only students who have **registered** for that course.
- A student who takes ROTC to fulfill the PE 1 requirement for graduation **will not be allowed to take a course with a course number beginning with the four digits 3441.**

Title:	Physical Education 1 (PE 1)	
Unit Credit	1	PEIA / 344101CW
Grade Levels	9	
Prerequisite	None	

Physical Education 1 provides opportunities for students to become competent and proficient in two movement forms elected from a variety of choices (selected from: net/racket, target, team, outdoor pursuits, individual, and dance). Students will also be able to design and develop a personalized physical fitness program, participate regularly in health-enhancing physical activity beyond the physical education class, and meet the gender and age group health-related physical fitness standards.

Title:	Weightlifting Level 1	
Unit Credit	1	PEIIA / 344201CW
Unit Credit	½	PEIIK / 344200CH
Grade Levels	10-12	
Prerequisite	Physical Education 1 and Instructor Approval	

This is an introductory **elective** course in weight training and fitness. Skills will be taught with a focus on weight training, related cardiovascular fitness activity and lifelong fitness. Proper lifting technique and safety using weights will be emphasized. **This course does not take the place of PE 1 as a requirement for graduation.**

Title: Weightlifting Level 2

Unit Credit 1

PEIIB / 344213CW

Unit Credit ½

PEIIM / 344212CH

Grade Levels 10-12

Prerequisite Weightlifting Level 1 and Instructor Approval

This **elective** course is a follow-up to the introductory *Weightlifting Level 1* for students who are interested in increasing their strength and skills in weightlifting. **This course does not take the place of PE 1 as a requirement for graduation.**

Title: Advanced Weightlifting Level 1

Unit Credit 1

PEIIC / 344225CW

Unit Credit ½

PEIIN / 344224CH

Grade Levels 10-12

Prerequisite Physical Education 1

Active participation on **any** school-based Junior Varsity or Varsity sports team
Athletic Director's signature

This **elective** course is designed to enhance speed, conditioning, strength, and endurance for the beginning athlete. **This course does not take the place of the required PE 1 for graduation.**

Title: Advanced Weightlifting Level 2

Unit Credit 1

PEIID / 344237CW

Unit Credit ½

PEIIO / 344236CH

Grade Levels 10-12

Prerequisite Advanced Weightlifting Level 1

Active participation on **any** school-based Junior Varsity or Varsity sports team
Athletic Director's signature

This **elective** course is a follow-up to *Advanced Weightlifting Level 1* for the intermediate athlete who wishes to increase his/her speed, conditioning, strength, and endurance. **This course does not take the place of the required PE 1 for graduation.**

Title: Advanced Weightlifting Level 3

Unit Credit 1

PEIIE / 344249CW

Unit Credit ½

PEIIO / 344248CH

Grade Levels 11-12

Prerequisite Advanced Weightlifting Level 2

Active participation on **any** school-based Junior Varsity or Varsity sports team
Athletic Director's signature

This **elective** course is a follow-up to *Advanced Weightlifting Level 2* for the advanced athlete who wishes to increase his/her speed, conditioning, strength, and endurance. **This course does not take the place of the required PE 1 for graduation.**

Leisure Sports and Activities Level 1

Unit Credit 1

PEIIIA / 344301CW

Unit Credit ½

PEIIIK / 344300CH

Grade Levels 10-12

Prerequisite Physical Education 1 and Instructor Approval

This **elective** is designed to teach skills necessary to enjoy a lifetime of activity in sports that will enhance the student's health and personal fitness. **This course does not take the place of the required PE 1 for graduation.**

Leisure Sports and Activities Level 2

Unit Credit	1	PEIIIB / 344313CW
Unit Credit	½	PEIIIM / 344312CH
Grade Levels	10-12	
Prerequisite	Leisure Sports and Activities Level 1	

This **elective** course is a follow-up to *Leisure Sports and Activities Level 1* for the student who wants to increase skills necessary to enjoy a lifetime of activity in sports that will enhance the student's health and personal fitness. **This course does not take the place of the required PE 1 for graduation.**

Leisure Sports and Activities Level 3

Unit Credit	1	PEIIIC / 344325CW
Unit Credit	½	PEIIIN / 344324CH
Grade Levels	11-12	
Prerequisite	Leisure Sports and Activities Level 2	

This **elective** course is a follow-up to *Leisure Sports and Activities Level 2* for the student who wants to increase skills necessary to enjoy a lifetime of activity in sports that will enhance the student's health and personal fitness. **This course does not take the place of the required PE 1 for graduation.**

Leisure Sports and Activities Level 4

Unit Credit	1	PEIIID / 344337CW
Unit Credit	½	PEIIIO / 344336CH
Grade Levels	11-12	
Prerequisite	Leisure Sports and Activities Level 3	

This **elective** course is a follow-up to *Leisure Sports and Activities Level 3* for the student who wants to increase skills necessary to enjoy a lifetime of activity in sports that will enhance the student's health and personal fitness. **This course does not take the place of the required PE 1 for graduation.**

Team Sports Level 1

Unit Credit	1	PEIVA / 344401CW
Unit Credit	½	PEIVK / 344400CH
Grade Levels	10-12	
Prerequisite	Physical Education 1	

Active participation on **any** school-based Junior Varsity or Varsity level sports team
Athletic Director's signature

This **elective** course is designed to enhance the skills necessary to compete in a variety of athletic events on the high school level. **This course does not take the place of the required PE 1 for graduation.**

Team Sports Level 2

Unit Credit	1	PEIVB / 344413CW
Unit Credit	½	PEIVM / 344412CH
Grade Levels	10-12	
Prerequisite	Team Sports Level 1	

Active participation on **any** school-based Junior Varsity or Varsity level sports team
Athletic Director's signature

This **elective** course is a follow-up to *Team Sports Level 1* for the student who wishes to increase the skills necessary to compete in a variety of athletic events on the high school level. **This course does not take the place of the required PE 1 for graduation.**

Team Sports Level 3

Unit Credit	1	PEIVC / 344425CW
Unit Credit	½	PEIVN / 344424CH
Grade Levels	11-12	
Prerequisite	Team Sports Level 2 Active participation on <u>any</u> school-based Junior Varsity or Varsity level sports team Athletic Director's signature	

This **elective** course is a follow-up to *Team Sports Level 2* for the student who wishes to increase the skills necessary to compete in a variety of athletic events on the high school level. **This course does not take the place of the required PE 1 for graduation.**

Team Sports Level 4

Unit Credit	1	PEIVD / 344437CW
Unit Credit	½	PEIVO / 344436CH
Grade Levels	11-12	
Prerequisite	Team Sports level 3 Active participation on <u>any</u> school-based Junior Varsity or Varsity level sports team Athletic Director's signature	

This **elective** course is a follow-up to *Team Sports Level 3* for the student who wishes to increase the skills necessary to compete in a variety of athletic events on the high school level. **This course does not take the place of the required PE 1 for graduation.**