

Physical Education Department

Minimum graduation requirement: 20 credits

Lifetime physical fitness activities are a critical component of the Physical Education Curriculum. Up to one-half of the student's class grade is based upon physical fitness participation.

9TH GRADE PHYSICAL EDUCATION (PE 9A) Grade 9 5 credits

Students will participate in a personal fitness program which includes cardiovascular and strength training. Classroom instruction covers topics on fitness components, nutrition and lifetime activities.

TEAM SPORTS Grades 9-12 5/40 credits

Basketball, football, softball, soccer, ultimate frisbee, and volleyball.

Students learn the basic movement patterns of each sport, perform basic skills, analyze game strategies, and officiate games. Physical fitness practice testing and evaluation is an important component of the class.

BEGINNING VOLLEYBALL Grades 9-12 5/40 credits

Beginning Volleyball students learn the fundamental rules and basic skills necessary to serve, bump, set, and spike.

ADVANCED VOLLEYBALL Grades 9-12 5/40 credits

Advanced Volleyball students must successfully complete Beginning Volleyball and have teacher approval to enroll in Advanced Volleyball. Offensive and defensive systems as well as officiating skills will be covered in this class.

SOCCER Grades 9-12 5/40 credits

Students learn basic and advanced movement patterns in soccer. They will perform basic skills/drills, analyze game strategies, and officiate games. Physical fitness testing, daily participation and evaluation is an important component of the class.

BEGINNING AEROBICS Grades 9-12 5/40 credits

Students will develop an understanding and working knowledge of aerobic exercise routines including: warm-up, aerobic exercise, body toning, and cool down. Developing the efficiency of the heart and lungs, burning more calories, and controlling the percentage of body fat are the primary goals of the course. Participants will also learn the basics of strength training, and nutrition.

ADVANCED AEROBICS

Grades 9-12

5/40 credits

Advanced Aerobic students must successfully complete Beginning Aerobics and have teacher approval to enroll in Advanced Aerobics. Leadership skills and musical components will be an additional element in this class.

BASKETBALL

Grades 9-12

5/40 credits

The purpose of this class is to develop basketball skills. The students will learn the basic fundamentals such as shooting, passing, dribbling, offense and defense. Physical fitness testing and evaluation is an important component of this class.

BODY CONDITIONING

Grades 9-12

5/40 credits

Students will develop an understanding and working knowledge of the five components of physical fitness: cardio-respiratory, muscle strength, muscle endurance, flexibility, and body composition. Weight lifting, circuit training, jump roping, and jogging are all used as training methods.

BEGINNING TENNIS

Grades 9-12

5/40 credits

Students will learn basic tennis skills and compete in class tournaments. The history of tennis, game rules and strategy will also be covered. Each student should provide their own racket and 1 can of balls.

ADVANCED TENNIS

Grades 9-12

5/40 credits

Advanced tennis students must successfully complete Beginning tennis and have teacher approval to enroll in Advanced Tennis. Students will advance their tennis skills and compete in class tournaments. The history of tennis, game rules and strategy will also be covered. Each student should provide their own racket and 1 can of balls.

BADMINTON

Grades 9-12

5/40 credits

Students will learn basic badminton skills and compete in class tournaments. Through participation in this class the student will increase their fitness levels and gain an appreciation for the sport of badminton.

BEGINNING DANCE

Grades 10-12

5/40 credits

Performance in the Fall and Spring Show optional. This is an introduction to basic dance skills including basic rhythmic movement patterns, ballet and jazz technique and vocabulary, as well as dance conditioning. Creativity and self-expression will be stressed. Various choreographic assignments and creative projects help students to

develop their creative voices. Student choreographers will be able to audition their works for the Fall and Spring Shows. P.E. or Fine Arts Credit can be received.

INTERMEDIATE DANCE

Grades 9-12

5/40 credits

Prerequisite: Grade of B or better in Beginning Dance, or through audition placement.

Performance in the Fall and Spring Show required. Designed for the intermediate level dancer, this course builds on technical skills and styles studied in Beginning Dance. Similar assignments and creative projects will require a higher level of skill and incorporate more elements. Emphasis is on acquisition of technique, choreography, and appreciation of dance as an art form. The course includes application of the elements and principles of dance, a study of historical and contemporary dance from a world-wide perspective, instruction in the process of analysis and critique of choreography, and practical experience in rehearsal and performance. P.E. or Fine Arts Credit can be received.

ADVANCED DANCE

Grades 9-12

5/40 credits

Prerequisite: Grade of B or better in Intermediate Dance, or through audition placement.

Performance in the Fall and Spring Show required. Designed for the advanced level dancer, this course builds on technical skills and styles studied in Intermediate Dance. Similar assignments and creative projects will require a higher level of skill and incorporate more elements. Emphasis is on acquisition of technique, choreography, and appreciation of dance as an art form. The course includes application of the elements and principles of dance, a study of historical and contemporary dance from a world-wide perspective, instruction in the process of analysis and critique of choreography, and practical experience in rehearsal and performance. This class is perfect for the dancer who is not able to meet the time demands required in Dance Production. P.E. or Fine Arts Credit can be received.

DANCE TEAM

(Dance Production)

Grades 9-12

5/40 credits

Prerequisite: Audition only

Hart Dance Team's purpose is to represent Hart High School in the community through shows and assemblies, in competitions with other schools throughout Southern California, and during rallies to promote school spirit and good sportsmanship. Performance in all shows and competitions is required, as well as attendance at set weekly practices and any extra rehearsals deemed necessary by the advisor or choreographer. Poor attendance is grounds for dismissal. This team is designed for the serious dancer interested in performing, technique, choreography and competition. Fundraising participation is required. P.E. or Fine Arts Credit can be received.



Special P.E. Classes



ATHLETIC TEAMS

Grades 9-12

2.5/40 credits

Athletics are for students who have received permission from the head coach of a sport to participate in that sport on a seasonal basis. The fall teams include: football, basketball, cross country, girls' volleyball, girls' tennis and soccer. The spring teams include: track, swimming, softball, baseball, golf, boys' tennis, and boys' volleyball.

ATHLETIC BODY CONDITIONING

Grades 9-12

2.5/40 credits

Prerequisite: Past participant on athletic team.

This course is designed for the athlete to develop strength, endurance, flexibility, coordination, and body fitness. Students who enroll in this course must be a continuing participant in the athletic program. A student who participates on an athletic team whose season runs through the course of the semester cannot concurrently enroll in Athletic Body Conditioning.

ADAPTIVE PHYSICAL EDUCATION

Grades 9-12

5/40 credits

A specially designed program of Adaptive Physical Education is offered to serve the needs of students with either permanent disabilities or developmental delays.

FLAGS & BANNERS (Pageantry)

Grades 9-12

5/40 credits

Prerequisite: Audition is required.

Pageantry is a one year course designed to teach basic and advanced dance techniques as well as build equipment skills on flag, rifle, and saber. During the fall semester, Hart Pageantry will perform at all home football games and compete in marching band shows throughout Southern California as part of the Hart Regiment. During spring semester the team performs indoors with elaborate choreography, props, and taped music. This is a time of intensive activity with mandatory afternoon, night, weekend, and summer rehearsals and performances. In addition, this group travels extensively. Fundraising participation is required. PE or Fine Arts credit can be received.

CHEERLEADING

Grades 9-12

5/40 credits

Prerequisite: Successful application process and tryout.

Designed to teach and sustain the skills necessary for the sport (including but not limited to: gymnastics, acrobatics, jumps, conditioning and other athletic skills). Team members will support other athletic teams on campus as well as be an independent competitive team. Includes practice and additional time for games after school hours; members must also attend a camp in the summer prior to the year in which they are participating. Three levels: Freshman, Junior Varsity, Varsity. Fundraising participation is required.

