

# Rockville HS - Health and Physical Education

## Graduation Requirements

- 1.0 credit in Grade 10 Comprehensive Health Education
- 1.0 credit in Physical Education

All Health and Physical Education classes are semester courses. Students can take a Physical Education class both semesters to fulfill the Physical Education graduation requirement. The Health course is a semester course and can be paired up with semester offered electives or a Physical Education course.

Course Title	Grade	Course Description
Team Sports HPE2012	9-12	Multiple units of sports such as, but not limited to: football, soccer, basketball, badminton, volleyball, hockey, and lacrosse. Emphasis is on exposure to a wide variety of sports and fitness. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Net Sports HPE2011	9-12	Net Sports is a specialty class that focuses on sports played with a net (badminton, volleyball, table tennis, pickleball, and tennis). Class will consist of skill development, partner competitions, and games. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Basketball HPE2016	9-12	Students of varied abilities work on individual and team fundamentals of Basketball. Class consists of daily skill development sessions and competitions. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Dance as Fine Art A/B ART2000 A/B	9-12	Students explore various genres of dance such as: ballet, jazz, lyrical, hip-hop and tap to enhance their awareness and skills. Students are given an opportunity to express creativity, personal expression and social connection. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives. Meets Fine Art graduation requirement.</i></b>
Dance HPE2017	9-12	This class will build your knowledge of dance as well as performance. It explores various genres of dance such as ballet, jazz, lyrical, hip-hop and tap to enhance your awareness and skills. Dance will give you an opportunity to express your creativity, personal expression and social connection. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Fitness (Walking and Conditioning) HPE2019	9-12	Students will create an individualized fitness plan that focuses on Walking, Jogging or other forms of Cardiovascular exercise. This class will meet in various locations as students walk, jog, and run to achieve their personal goals. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Soccer HPE2022	9-12	Students of varied abilities work on individual and team fundamentals of soccer. Students engage in competitions daily. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>

Beginning Weight Training HPE2026 (Discuss with Counselor)	9-12	Students who are new to fitness will be able to learn how to use the equipment properly, set goals and work to attain them, and engage in activities such as, but not limited to, agility, core, and strength training. <b><i>This class is for first time weightlifters. Offered SEMESTERLY and can be mixed-matched with other semester electives.</i></b>
Weight Training HPE2026	9-12	Students of varied abilities set individual fitness goals and work towards attainment. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Yoga HPE2028	9-12	This course features in-depth instruction and information to introduce you to yoga. You will be guided through a variety of yoga poses and meditation, with emphasis on concentrated deep breathing and relaxation techniques. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives.</i></b>
Leadership Opportunities in PE (SEM) HPE2003	9-12	Students will have the opportunity to assist students and analyze a variety of disabilities and develop sport and recreation goals or fitness plans with their peers. <b><i>Offered SEMESTERLY and can be taken both semester or can be mixed-matched with other semester electives. TEACHER APPROVAL REQUIRED</i></b>

Honors Health HPE2042  (Sem A or Sem B)	10-12	Students develop lifelong health skills such as accessing information, advocacy, analyzing influences, communication skills, conflict resolution, decision making, goal setting, practicing healthful behaviors, refusal skills and stress management throughout the course. <b><i>Offered SEMESTERLY and can be mixed-matched with other semester electives. Graduation Requirement.</i></b>
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***For any other options and questions please see Mr. Mark Crichton, Resource Teacher, for guidance and information***