

PHYSICAL EDUCATION DEPARTMENT

The Physical Education requirement for high school graduation is fulfilled by taking two (2) years of P.E. classes. All students in 9th grade are required to take P.E. Students in 10th through 12th grades must complete an additional two (2) semesters of P.E. or P.E. electives.*

Note: Grades earned for P.E. or P.E. electives, taken for the P.E. graduation requirement, will not be included in the academic GPA.

* **Exceptions:** Students in 10th-12th grade (not 9th grade) who participate on a TKA junior varsity or varsity athletic team, Color Guard, or Marching Band for one (1) season will receive five (5) P.E. credits. Students in 10th-12th grade may earn up to a maximum of ten (10) P.E. credits for these activities in a given school year.

Physical Education 6	Year	6
-----------------------------	-------------	----------

The 6th grade co-ed physical education classes are designed to prepare the 6th grade students for adolescence and junior high school. Team sports and the Presidential Physical Fitness Test are the main priorities of the class. The course objectives are twofold: first, that the student become enabled to pass the Presidential Physical Fitness Tests; second, that the student learn and be able to participate in a variety of team and individual sports such as soccer, wrestling, basketball, flag football, track and field, baseball, basic self-defense and fitness.

Physical Education – JH	Year	7-8
--------------------------------	-------------	------------

The junior high boys' and girls' physical education classes are designed to prepare junior high students for adolescence and high school. Team sports and the Presidential Physical Fitness Test are the main priorities of the class. The course objectives are two-fold: first, that the student become enabled to pass the Presidential Physical Fitness Tests; second, that the student learn and be able to participate in a variety of team and individual sports such as soccer, wrestling, basketball, flag football, track and field, baseball, basic self-defense, and fitness.

Physical Education – HS	Year/Semester	9-12
--------------------------------	----------------------	-------------

High school boys' and girls' physical education classes are designed to be intermediate-level classes that teach high school students about lifelong fitness, including a more advanced level of team sports and completion of the Presidential Physical Fitness Tests.

PHYSICAL EDUCATION ELECTIVES

Basketball – JH	Year/Semester	7-8
------------------------	----------------------	------------

This co-ed class is aimed at developing the skills required to play basketball. This course cannot be taken for P.E. credit.

Basketball – HS	Semester	9-12
------------------------	-----------------	-------------

This course is designed to prepare student-athletes for advanced basketball knowledge and skill development. It will include the rules of modern day basketball as well as the philosophy and strategies of the game pertaining to The King's Academy's basketball program. The course will contain a rigorous strength and conditioning component, which will complement and enhance the junior varsity/varsity basketball programs. This course cannot be taken for P.E. credit. Students will receive a Pass/Fail grade.

Football - HS	Semester	9-12
----------------------	-----------------	-------------

This course is designed to prepare student-athletes for advanced football knowledge and skill development. It will include the history of the game of football, rules of modern-day football, and the philosophy and strategies of the game especially pertaining to The King's Academy football program. The course will contain a rigorous strength and conditioning component, which will complement and enhance the junior varsity/varsity football programs. This course cannot be taken for P.E. credit. Students will receive a Pass/Fail grade.

Strength and Conditioning	Year/Semester	10-12
----------------------------------	----------------------	--------------

This course is designed as an introduction to the fundamentals of weight training as part of an overall fitness program. Emphasis will be placed on safety. The student will be taught proper form, technique, and breathing. Each student will have a workout partner. Daily workouts will consist of warming up with light jogging and stretching. Sophomores will participate in President Physical Fitness testing.

All course offerings are subject to minimum enrollment levels.