



2022-23 Physical Education Department



Strong Values
STRONG WOMEN

PHYSICAL EDUCATION

FRESHMEN

Required Courses

Elective Courses

Physical Education (.5 credit)
Dance I (.5 credit)

SOPHOMORES

Required Courses

Elective Courses

Dance I (.5 credit)
Dance II (.5 credit)
Dance III: Performance (1 credit)
Lifetime Sports (.5 credit)
Strength Conditioning and Training (.5 credit)
Yoga I (.5 credit)
Yoga II (.5 credit)
Summer Yoga and Hiking (.5 credit)

JUNIORS

Required Courses

Elective Courses

Dance I (.5 credit)
Dance II (.5 credit)
Dance III: Performance (1 credit)
Health and Wellness (.5 credit)
Lifetime Sports (.5 credit)
Strength Conditioning and Training (.5 credit)
Yoga I (.5 credit)
Yoga II (.5 credit)
Summer Yoga and Hiking (.5 credit)

SENIORS

Required Courses

Elective Courses

Dance I (.5 credit)
Dance II (.5 credit)
Dance III: Performance (1 credit)
Health and Wellness (.5 credit)
Lifetime Sports (.5 credit)
Strength Conditioning and Training (.5 credit)
Yoga I (.5 credit)
Yoga II (.5 credit)
Summer Yoga and Hiking (.5 credit)

PHYSICAL EDUCATION

GOAL STATEMENT

The goal of the Physical Education Department is to develop awareness in the individual student of the role that regular physical activity plays in the pursuit of lifelong health and well-being and to provide her with an opportunity for enjoyment, self-expression and communication.

OBJECTIVES

1. Each student will be given an opportunity to exercise and become physically fit to better perform her daily routine while encouraging a healthful use of leisure time.
2. Students will be provided a variety of lifetime and team activities so that each student may experience success and/or discover new interests in physical activity for the present and future.
3. Students' social, communication, and cooperation skills will be enhanced.
4. Students will become acquainted with basic First Aid and CPR.

REQUIREMENTS

To meet the graduation requirement of St. Joseph's Academy and that of the state of Missouri, one full credit is required.

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PE PHYSICAL EDUCATION

Grade 9 .5 credit Semester course

In this course, students will participate in a variety of team/recreational sports. Students will be instructed in the rules, basic skills, safety, and etiquette of these various activities.

Prerequisite: none

PE DANCE I

Grade 9, 10, 11, 12 .5 credit Semester course

May be taken for Physical Education or Fine Arts credit, but not both.

Dance I for freshmen is for PE credit only.

This is an introductory overview course that is designed to explore dance as an art form. Students will study dance conditioning, ballet, jazz, and modern dance. Emphasis will be on beginner dance technique, movement exploration through guided improvisation, and dance history.

Prerequisite: none

PHYSICAL EDUCATION

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PE DANCE II

Grade 10, 11, 12

.5 credit

Semester course

May be taken for Physical Education or Fine Arts credit, but not both.

Dance II is an intermediate class designed for students who have completed Dance I or students who have taken ballet, jazz, and/or modern dance outside of school in the past three years. Students will study dance conditioning, ballet, jazz, and modern dance. Emphasis will be on intermediate dance technique and movement exploration of the elements of dance.

Prerequisite: Dance I or permission of the instructor



PE DANCE III: PERFORMANCE

Grade 10, 11, 12

.5 credit

Semester course

May be taken for Physical Education or Fine Arts credit, but not both.

This class may be repeated for credit.

Dance III is an intermediate/advanced level class designed for students who have completed Dance II or have at least two full years of jazz, ballet, and/or modern dance in the past four years outside of school. The focus of this class is preparation of a performance piece to be included in the musical or musical revue. Mandatory attendance and participation in Tech Week and the performance dates are necessary to receive credit for the course. Other activities include creating dance compositions and exploring various movement combinations, including jazz, ballet, or modern dance, not related to the performance. This class may be repeated as the content of the class changes with each offering.

Prerequisite: Dance II or permission of the instructor

PE LIFETIME SPORTS

Grade 10, 11, 12

.5 credit

Semester course

This class may be repeated for credit.

This course is designed to introduce students to activities that will encourage fitness throughout a lifetime. The course will include recreational volleyball, golf, power walking, weight training, tennis, and numerous team sports.

Prerequisite: none

PHYSICAL EDUCATION

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PE STRENGTH CONDITIONING AND TRAINING

Grade 10, 11, 12

.5 credit

Semester course

This class may be repeated for credit. Enrollment will be limited to 16 students.

Students will learn the methods necessary to achieve individual fitness goals through the use of weight/fitness equipment. Students will work to improve their total body condition and strength through weight training. Each student's current levels are assessed and a personalized program to fit a student's individual needs will be implemented. Students will be required to bring their own yoga mat.

Prerequisite: none

PE YOGA I

Grade 10, 11, 12

.5 credit

Semester course

This course combines Vinyasa/Ashtanga flow, Hatha yoga, and Pilates core strengthening and muscle lengthening exercises. Students will incorporate a wide variety of current physiological and mind-body principles that will lead to improved core strength, endurance, flexibility, enhanced self-awareness, and relaxation. Awareness of alignment, the connection of breath, and movement, and mindfulness in all movements will be explored. Students will be required to bring their own yoga mat.

Prerequisite: none



PE YOGA II

Grade 10, 11, 12

.5 credit

Semester course

This course builds on the concepts and yoga practice in Yoga I. Yoga II deepens the yoga practice experience by encouraging a more mindful practice that goes beyond asanas. Students will incorporate a wide variety of current physiological and mind-body principles that will lead to improved core strength, endurance, flexibility, enhanced self-awareness, and relaxation. Awareness of alignment, the connection of breath, movement, and mindfulness in all movements will be further developed. Students will be required to bring their own yoga mat.

Prerequisite: Yoga I or Summer Yoga and Hiking

PHYSICAL EDUCATION

PHYSICAL EDUCATION COURSE DESCRIPTIONS

PE HEALTH AND WELLNESS

Grade 11, 12

.5 credit

Semester course

This course will provide students with experiences and opportunities to acquire the knowledge, attitudes, and skills necessary for making healthy decisions, achieving health literacy, and adopting health-enhancing behaviors. Students will develop an awareness of the importance of one's health in improving the quality of life. Key topics that will be covered include physical, mental, social, and emotional health. Students will study methods of achieving proper nutrition, weight control, self-defense, drug education, and knowledge of infectious diseases as they affect the body.

Prerequisite: none

PE SUMMER YOGA AND HIKING COURSE *Offered for Summer of 2022 (June 1 - June 28, 2022)*

Rising Grade 10, 11, 12

.5 credit

Summer course

This course fulfills .5 credit of the 1.0 credit in Physical Education required for graduation.

**Students register for this course in February, 2022.*

This class combines beginning hatha yoga with the experience of hiking in local state and county parks. Students will learn the fundamentals of yoga asanas (poses) and modifications for their individual bodies. The importance of yoga breathing techniques, mindfulness, and meditation as a tool to calm the nervous system and reduce anxiety will be explored. Students must have their own transportation and be able to meet at various locations in St. Louis County or at St. Joe.

Prerequisite: none