

PHYSICAL EDUCATION      11-12 (1/4 CREDIT PER SEMESTER)

Prerequisite: None

The ultimate goal of physical education is to develop physically fit students who demonstrate effective communication and sound decision making skills. Over time, these students will take what they get from MHS physical education and become physically active adults who pursue fit lifestyles.

Junior/Senior physical education's primary focus continues to emphasize cardiovascular endurance. Students participate in a variety of team sports, individual sports, recreational games/activities, and fitness workouts. All students should be able to find a few activities they enjoy and therefore, pursue fit lifestyles. Junior/Senior physical education reinforces the notion that a healthy diet combined with strength training and cardiovascular exercise is the best way to improve body composition. While the core focus of physical education is physical well-being, Junior/Senior physical education reinforces the fact that physical activity also promotes mental, social and emotional well-being.