

Freshman Football PE



Grade Level (9) (10 Credits)

- *Meets high school graduation requirement for (Subject)*
- *Meets the UC/CSU subject area "(A-G)" requirement*

General Information

Description

Freshman Football P.E. Team is designed for those who plan to be a member of the freshman football team. Class consists of competition level performers. This course also includes the California Health standards.

Expectations and Goals

Students are expected to "dress out" in appropriate attire, participate in each class period to the best of their potential. The goal for students is to improve and support their efforts with the football team.

Estimated Homework

The Health units are completed, for the most part, at home. It is an internet based curriculum. Students will be required to complete five units throughout the year. Two units will be completed during the first semester, and three will be completed during the second semester. Each unit consists of 10-15 lessons with quizzes. It should take approximately 8-12 hours per unit.

This Class Is Best For...

Freshman Football P.E. Team is designed for those who are members of freshman team. Class consists of competition level performers. Students must have intention of playing on the freshman football team.