

# **PHYSICAL EDUCATION**

## **GUNN HIGH SCHOOL**

### **DISTRICT REQUIREMENTS**

**A. Swim test (new students & 9<sup>th</sup> grade)**

1. Swim 200 yards in under eight minutes without stopping
2. Tread water for five minutes
3. Entry off diving board—feet or head

A swim class is required of those ninth graders who do not pass the swim test.

**B. California State Physical Fitness Test (all grades)**

**C. Students must pas 5/6 Physical Fitness Test by the end of their sophomore year or they must enroll in PE until they have passed.**

**NOTE:** PE credit or exemption is NOT given for marching band, drill team, rally, color guard, winter guard, or similar activities. PE credit may be given for cheerleading.

### **PHYSICAL EDUCATION**

2711 PE 11 Semester 9-12  
 2712 PE 12 Semester

Team sports, individual and developmental activities are offered in a curriculum designed to be responsive to the student’s level of skills and interest. In addition, an effort is made to develop an interest in, and appreciation of, activity and its fitness aspects for the future. Choices are dependent upon student selections, facilities, and number of staff available during a given time period.

<b>COURSE OFFERINGS</b>		
<b>Team Sports</b>	<b>Dual / Individual Sports</b>	<b>Aquatics</b>
Soccer	Personal Fitness	Swimming
Football (flag)	Badminton	Innertube Water Polo
Basketball	Golf	Water Safety
Softball	Tennis	
Volleyball	Self Defense (girls & boys)	
Indoor Hockey	Track & Field	
Sand Volleyball	Orienteering	
Team Handball	Gymnastics	
Ultimate Frisbee		
Lacrosse		
Street Hockey		
Field Hockey		
Grass Volleyball		

### **TEACHING ASSISTANT**

2956 PE TCHAST Semester 11-12

This course is for students who enjoy assisting others with physical education skills. Students who are Teaching Assistants will demonstrate sports skills and work individually with students in physical education classes in a leadership role.

## **INTERSCHOLASTIC SPORTS**

After-school sports are open to everyone. An annual doctor's physical examination, completed using Gunn's athletic packet, is required before practicing. To be eligible, students must have passed 20 units of credit and maintain a grade point average of 2.0. All students, except first semester freshmen enrolled in a PE class, must also be currently passing 20 units of credit. Students enrolled in a PE class, except first semester freshmen, may be excused from attending PE during the Gunn sports season. To receive "prep," students must submit directly to the teacher a request form obtained from the Gunn PE Web site which has been signed by both their parents and their coach. The student-athlete will receive a grade and credit based on the written athletic assignment and coach's grade, and must return to PE following the last athletic practice or competition.

<b>SEMESTER 1</b>	
<b>Boys Sports</b>	<b>Girls Sports</b>
<b>Fall:</b> Cross Country Football Water Polo  <b>Winter:</b> * Basketball * Soccer Wrestling	<b>Fall:</b> Cross Country Water Polo * Tennis * Volleyball  <b>Winter:</b> * Basketball * Soccer Wrestling
<b>SEMESTER 2</b>	
<b>Boys Sports</b>	<b>Girls Sports</b>
<b>Spring:</b> * Badminton * Baseball * Golf Swimming and Diving * Tennis Track and Field Lacrosse	<b>Spring:</b> * Badminton Golf Gymnastics * Softball Track and Field Swimming and Diving Lacrosse

\* Cut sports

## **GO-ED ADAPTED PHYSICAL EDUCATION**

**\*2750 ADAPTED PE**                      **Year**                                      **9-12**

An adaptive physical education class is available for students for whom an assessment has been made by a multi-disciplinary Individual Education Planning (IEP) team. This assessment takes into consideration all other physical education options, health history, current medical status, and APE assessment for the students.

## **9<sup>TH</sup> PE**

All freshmen are required to complete the first semester of physical education. This course is designed specifically for 9<sup>th</sup> grade students. The activities are designed around the State Physical Education Framework and statewide standards for PE.

<b>2796 PE 9</b>	<b>First Semester for 9<sup>th</sup> graders</b>
<b>2711 PE 11</b>	<b>First Semester for 10<sup>th</sup> graders</b>
<b>2712 PE 12</b>	<b>Second Semester for 9<sup>th</sup> and 10<sup>th</sup> graders</b>

## **SMALL LEARNING COMMUNITY**

(No Section Number)

Year

9

Our small learning community is designed for 28 freshmen and will provide a tightly knit community, integrated curriculum, outdoor adventure, and opportunities to grow as leaders.

All students will share some common classes and teachers. The content and standards will be the same as our traditional courses; however, in the small learning community program, the teachers and students will work together to explore common themes and demonstrate their knowledge in some cross-curricular projects.

Students in the Small Learning Community will be enrolled together in the same English, Biology IA, history and PE courses which, in addition to the traditional content, will focus on leadership, character, and team building games.

Although not required, we encourage students in the Small Learning Community to enroll in Art Spectrum, Living Skills, and Spanish as their electives, as those teachers will incorporate our common themes into their courses.

In addition, we will offer our students outdoor adventure trips and leadership training as they do a day field trip to Jasper Ridge and a four day trip to Yosemite and take part in the Yosemite Institute.

Our theme is "A Sense of Place," and in our integrated curriculum, students will explore their place in history and in the local and global community. Our small learning community will provide ninth graders with a sense of place at Gunn, as they transition from the middle to the high school.

## **ADVANCED FITNESS**

2749 ADVFITNESS

Semester

10-12

This course is designed to educate students to the importance of muscle strength and flexibility, cardiovascular fitness, and plyometric training as a means of stress reduction, better athletic performance and safety. This course will be available to all second semester freshmen, sophomores, juniors and seniors. Physical Education credit OR Elective credit may be earned through this course.

## **TIME COMMITMENT FOR SPORTS**

### **FALL SPORTS**

All Fall Sports start in mid-August and run approximately through November 10. Each sport practices six days a week.

**Girls' Volleyball** – 2 hours a day, two matches a week, Saturday practices or tournaments.

**Cross-Country** – 2 hours a day, one meet a week.

**Girls' Tennis** – 2 hours a day, two matches a week. One week summer practice.

**Boys' and Girls' Water Polo** – 2-3 hours a day, some morning workouts, one game each week. Tournaments most Saturdays.

**Football** – 2.5 hours a day, one game a week. Extensive off-season training including summer.

### **WINTER SPORTS**

All Winter Sports start in early November and run through late February.

**Boys' and Girls' Basketball** – 2 hours a day, including Saturday, two games a week.

**Boys' and Girls' Soccer** – 2 hours a day, two games a week.

**Wrestling** – 2 hours a day, one match a week and tournaments most Saturdays.

## **SPRING SPORTS**

All Spring Sports start in early February and run through late May.

**Badminton** – 2 hours a day including some Saturdays. Matches twice a week.

**Boys' Golf** – 2 hours a day at local golf courses. One match a week.

**Boys' Tennis** – 2 hours a day. Matches twice a week.

**Boys' and Girls' Track and Field** – 2 hours a day, meets once a week.

**Boys' and Girls' Swimming** – 2 hours a day, meets once a week.

**Boys' and Girls' Lacrosse** – 2 hours a day, games once a week, some Saturday games.

**Baseball** – 2 hours a day, or at least 2 games a week including Saturdays.

**Softball** – 2 hours a day and games twice a week.

**Girls' Gymnastics** – 3 hours a day, meets once a week. Practices are at Twister's Gym on San Antonio.