

PHYSICAL EDUCATION

GUNN HIGH SCHOOL

DISTRICT REQUIREMENTS

A. Swim test (new students & 9th 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.

COURSE OFFERINGS		
Team Sports	Dual / Individual Sports	Aquatics
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	Dance	
Team Handball	Orienteering	
Ultimate Frisbee	Gymnastics	
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

Sports are limited to those wishing to compete in the SCVAL. A current physical examination is required for enrollment. 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 may be exempted from attending the class during the Gunn Athletic season. To receive an exemption 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 must return to P.E. following the last athletic contest.

SEMESTER I	
Boys Sports	Girls Sports
Fall: Cross Country * Football Water Polo Winter: * Basketball * Soccer Wrestling	Fall: Cross Country Water Polo * Tennis * Volleyball Winter: * Basketball * Soccer * Wrestling
SEMESTER 2	
Boys Sports	Girls Sports
Spring: * Badminton * Baseball * Golf Swimming and Diving * Tennis Track and Field	Spring: * 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.

9TH PE

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

2796 PE 9 First Semester for 9th graders
2711 PE 11 First Semester for 10th graders
2712 PE 12 Second Semester for 9th and 10th graders

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 a week before school and run approximately through November 10. Each sport practices everyday.

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. 1 week summer practice.

Boys' and Girls' Water Polo – 1.5 hours a day, some morning workouts, one game each week. Tournaments most Saturdays.

Football – 2 hours a day, one game a week. Extensive off-season training including summer.

WINTER SPORTS

All Winter Sports start the final Monday in October and run through the second week of February.

Boys' and Girls' Basketball – 1.5 hours a day, including Saturday, two games a week. Off-season practices in fall and summer.

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 the final Monday in January and run through the first week of 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.

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 – 2 hours a day, meets once a week. Practices are at Twister's Gym on San Antonio.