

PHYSICAL EDUCATION

GRADUATION REQUIREMENTS: Twenty (20) credits of physical education are required for graduation.

The Physical Education Department at Bishop High School is organized to offer a variety of experiences that not only meet the specific needs of the students but also provide for lifelong physical activities and personal health awareness. **Freshmen students are required to enroll in a course that earns physical education credit.**

These include: P.E. class or Marching Band. If a student with less than 20 PE credits becomes ineligible** for team participation or quits the team he/she will be enrolled in PE for the next school year.

P.E. uniform: All Physical Education students are to wear the required uniform (shirt and shorts with Bronco logo and athletic shoes.)

**** ALL 9th Grade Students including athletes and Band members** are required by the State of California to take the Physical Fitness Test (PFT).

P.E. 9-10

GRADE LEVEL: 9 - 10

PREREQUISITES: None

CONTENT: Physical Education 9-10 offers Freshmen and Sophomores basic knowledge and understanding of sports such as volleyball, lacrosse, basketball, badminton, and soccer. PE 9-10 also focuses on lifetime fitness, which includes weight training, full-body floor exercises, and cardio. Students will come away from this class with the tools necessary to stay fit for a lifetime.

P.E 11-12

GRADE LEVEL: 11-12

PREREQUISITES: PE 9-10 recommended

CONTENT: This second year course is designed to build on skills and knowledge acquired in P.E. 9-10. P.E. 11-12 will focus on intermediate level skills and teamwork. This class will also focus on lifetime fitness, which will include weight training, full-body floor exercises, and cardio. This class may be repeated for additional credit with instructor approval.

MARCHING BAND (See VAPA Department)

DANCE TEAM /Pep Squad (See Non-Departmental)

BUHS SPORTS (5 PE credits each) **

Fall	Winter	Spring
Volleyball	Basketball	Baseball
Football	Soccer	Softball
Cross Country	Ski Team	Golf
Tennis (girls)	Snowboard Team	Track &Field
	Wrestling	

**** See Athletic Eligibility & Citizenship**