

# Physical Education

Physical education is a required class in order to graduate from the Santa Barbara Unified School District. The requirement will be met by successfully passing 2 years (4 semesters) of physical education course work, generally completed during the ninth and tenth grade years. Students may also earn P.E. credit through participation in Interscholastic Athletics, Marching Band, Play Production (Spring only), Marquettes and Cheer (San Marcos HS). Five units of PE credit may be earned per year for student participating in Marching Band, Play Production, Marquettes and Cheer (San Marcos HS).

**Uniforms:** Although students are not required to purchase uniforms, they have the option of purchasing uniforms from the PE Department. Cost is approximately \$10.00 per item (shirt or shorts), or \$20.00 per set. Scholarships are available. PE 9-12 classes are co-ed.

**Independent PE:** Applications for Independent P.E. are due by May 1. Independent Athletics applications are due in September. All P.E. classes are open to all levels and do not require any prior skill acquisition.

## ATHLETIC SPORTS

Students on athletic teams need to supply some essential items: shoes, gloves, golf clubs, etc. In addition, participation in fund raising projects occurs.

Athletics by Sport		
Baseball	Feb-May	Boys
Basketball	Nov-Feb	Boys/Girls
Cross-Country	Aug-Nov	Boys/Girls
Football	Aug-Nov	
Golf	Aug-Nov	Girls
Golf	Feb-May	Boys
Soccer	Nov-Feb	Boys/Girls
Softball	Feb-May	Girls
Swimming	Feb-May	Boys/Girls
Tennis	Aug-Nov	Girls
Tennis	Feb-May	Boys
Track and Field	Feb-May	Boys/Girls
Volleyball	Aug-Nov	Girls
Volleyball	Feb-May	Boys
Water Polo	Aug-Nov	Boys
Water Polo	Nov-Feb	Girls
Wrestling	Nov-Feb	

Athletics by Season		
Golf	Aug-Nov	Girls
Football	Aug-Nov	
Water Polo	Aug-Nov	Boys
Cross-Country	Aug-Nov	Boys/Girls
Volleyball	Aug-Nov	Girls
Tennis	Aug-Nov	Girls
Basketball	Nov-Feb	Boys/Girls
Soccer	Nov-Feb	Boys/Girls
Wrestling	Nov-Feb	
Water Polo	Nov-Feb	Girls
Track and Field	Feb-May	Boys/Girls
Swimming	Feb-May	Boys/Girls
Softball	Feb-May	Girls
Baseball	Feb-May	Boys
Tennis	Feb-May	Boys
Golf	Feb-May	Boys
Volleyball	Feb-May	Boys

## **AEROBIC DANCE**

**SB**

**Grades: 10-12**

This course is designed to improve cardiovascular endurance, strength, and flexibility through continuous rhythmic activities. Everyone can aerobic dance because the dance patterns or routines are designed for all levels. Includes Step Aerobics, Cardiofunk, Yoga, Pilates, weights, and other rigorous activities.

## **BADMINTON**

**DP, SM**

**Grades: 9-12**

Students will learn the skills, techniques and rules of the game of badminton. Students will gain fitness through skill games, tournaments and free-play.

## **CHEER AND SONG**

**DP, SB, SM**

**Grades: 9-12**

*Fee: Varies according to uniform availability. Fund raising is available to help defray costs*

Fall: These spirit groups perform at football and basketball games, as well as at other school sports events, assemblies, and community events. Tryouts are held in spring of the preceding school year for Junior Varsity, Varsity Cheer, Varsity Song, and Mascots. Frosh Cheer tryouts are held in the fall. Summer participation in practice sessions is mandatory for all J.V. and Varsity groups. During the summer, students have the opportunity to attend Cheer/Song Camp, at their own expense.

## **DANCE 1, 2 Beginning Dance (P)**

**SB**

**Grades: 10-12**

This course is a beginning class for students who have had little or no background training in dance. This class offers an introduction to various styles of dance including: Ballet, Modern, Jazz, Hip-Hop, Ethnic and Tap. Dance. Students learn the beginning skills of dance while improving their techniques, poise, self-confidence and creative ability.

## **DANCE 3, 4 Intermediate Dance (P)**

**SB**

**Grades: 10-12**

*Prerequisite: Audition or Instructor approval required.*

This course is a continuation of Dance 1,2, adding more complex, demanding technical skills and movement combinations. An intermediate course between beginning dance and the performing ensembles, students have the opportunity to improve their technical skills without the extra performance responsibilities. This intermediate level dance class is

where the students demonstrate understanding of various major dance traditions, techniques, styles of dance, and use of creativity through choreography in a variety of times and places.

## **DANCE PRODUCTION (P)**

**SB**

**Grades: 10-12**

*Prerequisite: Audition or Instructor approval required.*

This course will develop the appreciation for and understanding of the dances of many cultures. Students in this class will be expected to: Perform in a dance concert production, plan sets, lighting and costumes for an original dance; explore movement and discover new ways to move and increase dance vocabulary; experience structural, thematic, rhythmical and cultural approaches to composition; gain confidence in ability to move efficiently; respect and value the rich cultural history of dance; learn to appreciate and care for the bodies through proper conditioning, dance technique, rest, and nutrition. This course satisfies the PE or Fine Arts requirement.

## **DANCE AND FITNESS**

**DP**

**Grades: 9-12**

Students will learn various techniques of jazz, hip-hop and line dancing. Students will also choreograph and perform their own dances in small groups.

## **GENERAL P. E.**

**DP, SB, SM**

**Grades: 9-12**

Students will improve their fitness through traditional sports and team play. Activities may include sports such as basketball, soccer, football, softball, tennis, disc golf, ultimate Frisbee and golf.

## **MARQUETTES (Aerobic Dance)**

**SM**

**Grades: 9-12**

*Prerequisite: Instructor's Approval and Tryout*

This course provides students with rigorous dance training and provides opportunities for performance in spirit rallies, halftimes, and community events. The Marquettes are a nationally-ranked San Marcos High dance team with a long-standing reputation of excellence. Marquettes consist of two squads Varsity and Junior Varsity. Dance team members are required to attend summer practices and dance camp.

**P.E. MEDICAL EXCUSE****DP, SB, SM****Grades: 9-12***Prerequisite: Medical doctor verification required.*

For students medically unable to participate in P.E as verified by a medical doctor. Evidence from the doctor's office must be provided to the registrar and counselor. Students medically excused from P.E. do not need to make up the P.E. units that would have been earned had they been in P.E. These units can be satisfied in other elective areas.

**PHYSICAL CONDITIONING****DP, SB, SM****Grades: 9-12**

Students will improve strength and endurance through participation in various group fitness activities including Pilates, Spinning, Kickboxing, Free-weights and stability ball.

**SWIMMING****DP, SB, SM****Grades: 9-12**

Students will gain fitness through swimming. Students will learn water safety and swim technique as well as learn how to develop and follow their own training plans based on their own goals.

**WEIGHT TRAINING****DP, SM****Grades: 9-12**

Students will learn to train properly and safely in the school's weight room facility. Students will develop and follow their own personal training plans based on their own set goals.