

PHYSICAL EDUCATION DEPARTMENT

The philosophy of the Saint Vincent Ferrer Physical Education Department is that every student should be introduced to a variety of activities (team sports, aerobic and fitness activities, etc.) in a safe and non-threatening environment. Students are graded on their effort to perform to the best of their own abilities. The goal of this Physical Education curriculum is for students to gain an appreciation of physical activity and motivation to achieve life-long fitness.

PHYS EDUCATION 9 (Required)

Course # 910

Credit: 0.5

All students will participate in all activities and are evaluated according to their abilities. Students will participate in fitness and team activities.

The course meets two times during a weekly cycle.

PHYS EDUCATION 10 (Required)

Course # 920

Credit: 0.5

All students will participate in all activities and are evaluated according to their abilities. Students will participate in fitness and team activities.

The course will meet two times during the weekly cycle.

PHYS EDUCATION 11 (Required)

Course # 930

Credit: 0.5

All students will participate in all activities and are evaluated according to their abilities. Students will participate in fitness and team activities.

The course meets one time during a weekly cycle.

PHYS EDUCATION 12 (Required)

Course # 940

Credit: 0.5

All students will participate in all activities and are evaluated according to their abilities. Students will participate in fitness and team activities.

The course meets one time during a weekly cycle.