

PHYSICAL EDUCATION

🔄 'Y' CONDITIONING (10th-12th) 8021/8022

DESCRIPTION: Designed to help students condition themselves for general fitness and/or athletics. Activities will include weight training, running, exercises, and prescribed conditioning for a specific sport or for general health. This course fulfills the BOHS physical education requirement.

MEETS COLLEGE REQUIREMENT? No

'Y' PE/LIFE FITNESS 1 (9th) 8001/8002

DESCRIPTION: Instruction through a wide range of skills and activities with the aim of the student becoming physically fit, able to enjoy a variety of physical activities, and beginning to develop an appreciation for life-long fitness. This course fulfills the BOHS physical education requirement.

MEETS COLLEGE REQUIREMENT? No

🔄 'Y' PE/LIFE FITNESS 2 (10th-12th) 8011/8012

Recommended Preparation: PE/Life Fitness 1

DESCRIPTION: Continued instruction geared toward developing a goal of life-long fitness through physical activity. This course pursues this through activities that are recreational in nature like picnic games, outdoor education activities, as well as those that can be found in a competitive setting such as racquet sports, golf, and hockey. This course fulfills the BOHS physical education requirement.

MEETS COLLEGE REQUIREMENT? No

🔄 'Y' PEP SQUAD (9th-12th) 8921

Recommended Preparation: Audition only

DESCRIPTION: Cheerleaders support school spirit by performing at athletic competitions and at other school events.

MEETS COLLEGE REQUIREMENT? No

🔄 'Y' WEIGHT TRAINING (10th-12th) 8031/8032

DESCRIPTION: Extensive instruction in the techniques of lifting free weights. Dynamic strength is developed through instruction in the Olympic lifts. Progress is monitored and recorded. This class is designed for those students who are serious about strength development. Students will also be instructed in aerobic and plyometric training as well. This course fulfills the BOHS physical education requirement.

MEETS COLLEGE REQUIREMENT? No