

PHYSICAL EDUCATION

P501 or P502 Peims #03810100 Prerequisite: None Studies concentrate on skeleton, muscle, first aid, nervous systems, hygiene, family life education, infectious and noninfectious diseases, mental health and substance abuse.	<u>HEALTH</u> Recommended Grade Placement: 9-10	(HLTH ED) 1/2 credit- state
P503 or P504 Peims #03810200 Prerequisite: Health I. Students will be provided opportunities for researching, discussing, and analyzing health issues. The emphasis in the course is providing students with the skills necessary to access their own health information and services and become health literate.	<u>ADVANCED HEALTH</u> Recommended Grade Placement: 11-12	(ADHLTH ED) 1/2 credit- state
P1000A or P1000B Peims #PES00052 Prerequisite: None. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness in the class.	<u>FOUNDATIONS OF PERSONAL FITNESS</u> Recommended Grade Placement: 9-12	(PEFOUND) 1/2 – 1 credit- state
P2000A or P2000B Peims #PES00053 Prerequisite: None Students will develop a competency in outdoor education activities that provide opportunities for employment and challenge.	<u>ADVENTURE IN OUTDOOR EDUCATION</u> Recommended Grade Placement: 9- 12	(PEAOA) 1/2- 1 credit - state
P3000A or P3000B Peims #PES00054 Prerequisite: None Students will be exposed to a variety of physical fitness activities that will promote an active life style.	<u>AEROBIC ACTIVITY</u> Recommended Grade Placement: 9-12	(PEAA) 1\2-1 credit- state
P5000A or P5000B Peims #PES00055 Prerequisite: None Activities will concentrate on physical fitness and conditioning with exposure to team/individual sports.	<u>PHYSICAL EDUCATION: INDIVIDUAL / TEAM SPORTS</u> Recommended Grade Placement: 9-12	(PEITS) 1/2 - 1 credit- state
PFF201A/PFF201B Peims # N1160011 Prerequisite: None This course builds a foundation of safe practice while steadily increasing skill-base and intensity. Using basic body weight movements, the fun of sport and fame, and accountability through journaling, students advance through levels that increase their fitness over time and encourage camaraderie and competition amongst peers.	<u>FUNCTIONAL FITNESS 1</u> Recommended Grade Placement: 9-12	(FUNFIT) 1 credit - state

MAJOR ATHLETIC SPORTS

THESE ARE COMPETITIVE ATHLETICS THAT ARE GOVERNED BY THE UNIVERSITY INTERSCHOLASTIC LEAGUE. STUDENTS MUST MEET THE STANDARDS AS SET UP BY THE UIL IN ORDER TO PARTICAPTE. STUDENTS WILL BE REQUIRED TO HAVE A CURRENT PHYSICAL AND COACHES APPROVAL TO PARTICAPTE.

PBK201A or PBK201B **BASKETBALL I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PBK202A or PBK202B **BASKETBALL II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
 Prerequisite: Basketball I

PBK203A or PBK203B **BASKETBALL III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
 Prerequisite: Basketball II

PBK204A or PBK204B **BASKETBALL IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
 Prerequisite: Basketball III.

PV201A or PV201B **VOLLEYBALL I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PV202A or PV202B **VOLLEYBALL II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2 - 1 credit- state**
 Prerequisite: Volleyball I.

PV203A or PV203B **VOLLEYBALL III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
 Prerequisite: Volleyball II.

PV204A or PV204B **VOLLEYBALL IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
 Prerequisite: Volleyball III.

PSB201A or PSB201B **SOFTBALL I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PSB202A or PSB202B **SOFTBALL II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
 Prerequisite: Softball I.

PSB203A or PSB203B **SOFTBALL III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
 Prerequisite: Softball II.

PSB204A or PSB204B **SOFTBALL IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
 Prerequisite: Softball III.

PSC201A or PSC201B **SOCCER I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PSC202A or PSC202B Peims #PES00001 Prerequisite: Soccer I.	SOCCER II Recommended Grade Placement: 9 - 10	(SUBATH2) 1/2- 1 credit- state
PSC203A or PSC203B Peims #PES00002 Prerequisite: Soccer II.	SOCCER III Recommended Grade Placement: 10-12	(SUBATH3) 1/2- 1 credit- state
PSC204A or PSC204B Peims #PES00003 Prerequisite: Soccer III.	SOCCER IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state
PTK201A or PTK201B Peims #PES00000	TRACK I Recommended Grade Placement: 9-10	(SUBATH1) 1/2- 1 credit- state
PTK202A or PTK202B Peims #PES00001 Prerequisite: Track I.	TRACK II Recommended Grade Placement: 9 - 10	(SUBATH2) 1/2- 1 credit- state
PTK203A or PTK203B Peims #PES00002 Prerequisite: Track II.	TRACK III Recommended Grade Placement: 10-12	(SUBATH3) 1/2- 1 credit- state
PTK204A or PTK204B Peims #PES00003 Prerequisite: Track III.	TRACK IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state
PBB201A or PBB201B Peims #PES00000	BASEBALL I Recommended Grade Placement: 9-10	(SUBATH1) 1/2- 1 credit- state
PBB202A or PBB202B Peims #PES00001 Prerequisite: Baseball I.	BASEBALL II Recommended Grade Placement: 9 - 10	(SUBATH2) 1/2- 1 credit- state
PBB203A or PBB203B Peims #PES00002 Prerequisite: Baseball II.	BASEBALL III Recommended Grade Placement: 10 -12	(SUBATH3) 1/2- 1 credit- state
PBB204A or PBB204B Peims #PES00003 Prerequisite: Baseball III.	BASEBALL IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state
P201A or P201B Peims #PES00000	FOOTBALL I Recommended Grade Placement: 9-10	(SUBATH1) 1/2- 1 credit- state
P202A or P202B Peims #PES00001 Prerequisite: Football I.	FOOTBALL II Recommended Grade Placement: 9 - 10	(SUBATH2) 1/2- 1 credit- state
P203A or P203B Peims #PES00002 Prerequisite: Football II.	FOOTBALL III Recommended Grade Placement: 10-12	(SUBATH3) 1/2- 1 credit- state
P204A or P204B Peims #PES00003	FOOTBALL IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state

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Prerequisite: Football III.

PCC201A or PCC201B **CROSS COUNTRY I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PCC202A or PCC202B **CROSS COUNTRY II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
Prerequisite: Cross Country I.

PCC203A or PCC203B **CROSS COUNTRY III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
Prerequisite: Cross Country II.

PCC204A or PCC204B **CROSS COUNTRY IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
Prerequisite: Cross Country III.

PSW201A or PSW201B **SWIM I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PSW202A or PSW202B **SWIM II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
Prerequisite: Swim I.

PSW203A or PSW203B **SWIM III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
Prerequisite: Swim II.

PSW204A or PSW204B **SWIM IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
Prerequisite: Swim III.

PW201A or PW201B **WRESTLING I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PW202A or PW202B **WRESTLING II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
Prerequisite: Wrestling I.

PW203A or PW203B **WRESTLING III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**
Prerequisite: Wrestling II.

P2W204A or PW204B **WRESTLING IV** **(SUBATH4)**
Peims #PES00003 **Recommended Grade Placement: 11-12** **1/2- 1 credit- state**
Prerequisite: Wrestling III.

PT201A or PT201B **TENNIS I** **(SUBATH1)**
Peims #PES00000 **Recommended Grade Placement: 9-10** **1/2- 1 credit- state**

PT202A or PT202B **TENNIS II** **(SUBATH2)**
Peims #PES00001 **Recommended Grade Placement: 9 - 10** **1/2- 1 credit- state**
Prerequisite: Tennis I.

PT203A or PT203B **TENNIS III** **(SUBATH3)**
Peims #PES00002 **Recommended Grade Placement: 10-12** **1/2- 1 credit- state**

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Prerequisite: Tennis II.

PT204A or PT204B Peims #PES00003 Prerequisite: Tennis III.	TENNIS IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state
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PG201A or PG201B Peims #PES00000	GOLF I Recommended Grade Placement: 9-10	(SUBATH1) 1/2- 1 credit- state
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PG202A or PG202B Peims #PES00001 Prerequisite: Golf I.	GOLF II Recommended Grade Placement: 9 - 10	(SUBATH2) 1/2- 1 credit- state
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PG203A or PG203B Peims #PES00002 Prerequisite: Golf II.	GOLF III Recommended Grade Placement: 10-12	(SUBATH3) 1/2- 1 credit- state
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PG204A or PG204B Peims #PES00003 Prerequisite: Golf III.	GOLF IV Recommended Grade Placement: 11-12	(SUBATH4) 1/2- 1 credit- state
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ELECTIVE COURSES

STUDENT TRAINERS:

STUDENT TRAINERS SHALL BE CODED INTO THE APPROPRIATE MAJOR ATHLETIC SPORTS COURSE ACCORDING TO THE ATHLETIC TRAINER GUIDELINES.

PELOCA OR PELOCB Peims # 84200XXX Prerequisite: None	PE LOCAL Recommended Grade Placement: 9-12	(LOCAL) 1/2 - 1 credit - local
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B250 OR B251 Peims# 85000XXX Prerequisite: None	SPORTS OFFICIATING Recommended Grade Placement: 12	(LOCAL) 1/2 - 1 credit – local
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Students will study rules for softball, positions, mechanics and situations. In January they pay a registration fee to TASO, attend a clinic and ultimately are assigned games and get paid \$45.00 plus \$15.00 for mileage to officiate games that run from February to May.

PSUBACADA or PSUBACADB Peims # PES00015	PE SUB ACADEMIC ELECTIVE (WEIGHTS) Recommended Grade Placement: 9-12	(SUBACAD) 1/2 - 1 credit state
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Students in this PE class will understand the importance of fitness and conditioning training, which will include the use of weights and running. This course may be used for **WEIGHTS** for the first year taken. Thereafter, students in Weights will receive local credit.

CHEERLEADING

PCHSUBA or PCHSUBB	CHEERLEADING I	(SUBCHLDG)
	PE Substitute	
Peims #PES00013	Recommended Grade Placement: 9-12	1/2- 1 credit- state
Prerequisite: Audition only.		
PCHLOCA or PCHLOCB	CHEERLEADING II-IV	(LOCAL)
Peims #84200XXX	Recommended Grade Placement: 9-12	1/2- 1 credit- Local
Prerequisite: Audition only.		

- ❖ Students may earn 1 state PE credit for Cheerleading I. Cheerleading II-IV will earn local credit. .5 credit of any of the local Cheerleading credits will satisfy the remaining .5 district PE requirement, if applicable.

DRILL TEAM

PDTSUBA or PDTSUBB	DRILL TEAM I	(SUBDT)
	PE Substitute	
Peims #PES00014	Recommended Grade Placement: 9-12	1/2- 1 credit- state
Prerequisite: Audition only.		
PDTLOCA or PDTLOCB	DRILL TEAM II-IV	(LOCAL)
Peims #84200XXX	Recommended Grade Placement: 9-12	1/2- 1 credit- Local
Prerequisite: Audition only.		

- ❖ Students may earn 1 state PE credit for Drill Team I. Drill Team II-IV will earn local credit. .5 credit of any of the local Drill Team credits will satisfy the remaining .5 district PE requirement, if applicable.

MARCHING BAND

The following course may be used as a State PE (PE substitute) requirement.

PMBANDA or PMBANDB	PE SUBSTITUTION MARCHING BAND	
Peims # PES00012	Recommended Grade Placement: 9-12	(SUBMB)
Prerequisite: One year band experience.		1/2 - 1 credit – state
Students will learn marching techniques. Performances required.		

- **PMBANDA SHOULD BE TAKEN FIRST YEAR DURING SEMESTER “A”**
- **PMBANDB SHOULD BE TAKEN SECOND YEAR DURING SEMESTER “A”.**

NJROTC
State PE Substitute

The SISD's Navy Junior Reserve Officer Training Corps instills in each cadet the core values of citizenship based on courage, honor, and commitment. Instruction emphasizes the maritime character of our nation and naval customs and traditions. Leadership laboratories focus on military drill, inspections and physical fitness. Field trips and team competition are an important part of the program, along with the annual military ball and numerous public performance opportunities.

PROTCA or PROTCAB	NJROTC I PE Substitute	(SUBJ1)
Peims #PES00004	Recommended Grade Placement: 9-12	1/2- 1 credit- state
Prerequisite: None.		

NJROTC
District PE Requirement/State Elective

The following NJROTC courses may be used as the additional SISD District PE requirement, if applicable.

I101 or I102	NJROTC I	(ROTC 1)
Peims # 03160100	State Elective	
Prerequisite: None	Recommended Grade Placement: 9-12	1/2 - 1 credit – state
This code is to be used <i>only</i> if a student has already satisfied or is currently satisfying his physical education requirement with a <i>different</i> course or PE substitution. This code may not be used to indicate a PE credit, to satisfy a PE requirement, or in conjunction with the Physical Education code PES00004 – PE		

I103 or I104	NJROTC II	(ROTC 2)
	State Elective	
Peims #03160200	Recommended Grade Placement: 10-12	1/2- 1 credit- state
Prerequisite: PROTCIB		

I105 or I106	NJROTC III	(ROTC 3)
	State Elective	
Peims #03160300	Recommended Grade Placement: 11-12	1/2- 1 credit- state
Prerequisite: PROTCIIB		

I107 or I108	NJROTC IV	(ROTC 4)
	State Elective	
Peims #03160400	Recommended Grade Placement: 12	1/2- 1 credit- state
Prerequisite: NJROTC III.		