

The Physical Education Department provides each student with an opportunity to develop into a physically-educated person; one who learns skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, and knows the benefits from involvement in regular physical activity and its contributions to a healthy lifestyle. The department offers a wide variety of activities to best meet the interests of all students to accomplish these goals.

Health education is the process by which people learn about their health and more specifically how to improve their health. The goal of the health department is to provide learning experiences that enable students to acquire knowledge and skills needed to make quality health decisions. When people are healthy they can make good decisions and lead productive lives.

Lakeville High Schools require the following for physical education and health for graduation:

1 semester course of Physical Education

1 semester course of Health Issues



Competitive Team Sports

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of team sports in a competitive setting.

The primary units of study include softball, basketball, lacrosse, team handball, volleyball, floor hockey, flag football, and personal fitness assessment.

The students will demonstrate learning through participation and tests at the completion of each unit.

Course Recommendation: This course is recommended for students who enjoy being part of a team in sports with a higher level of intensity and fitness.

Board Approved Primary Resources: None

Additional Registration Information: None

Freshman Sports and Games

Grade: 9

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of physical activity at a moderately competitive level for 9th grade students.

The primary units of study include basketball, softball, ultimate, soccer, flag football, floor hockey, pickleball, badminton, volleyball, introduction to the fitness center and personal fitness assessment.

The students will demonstrate learning through active participation and tests.

Course Recommendation: This course is recommended for 9th grade students who enjoy competitively participating in a variety of physical activities.

Board Approved Primary Resource: None

Additional Registration Information: None



Group Fitness 1

Grades: 9-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course description: This course is the study of fitness and a variety of methods and equipment to achieve and maintain fitness.

The primary units of study include high/ low impact cardio activity, circuit training, interval training, walking/ jogging programs, core training, yoga, pilates, zumba, and strength training using dumbbells and resistance bands. Emphasis will be placed on cardiovascular endurance, muscle strength, flexibility, and muscle endurance in each unit.

The students will demonstrate learning through completion of workouts, fitness assessments, and creating and presenting their own workouts.

Course Recommendation: This course is recommended for students who are interested in developing an appreciation of group fitness.

Board Approved Primary Resources: None

Additional Registration Information: None



Group Fitness 2

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: Group Fitness 1

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the advanced study of fitness and a variety of methods and equipment to achieve and maintain fitness.

The primary units of study include high/ low impact cardio activity, circuit training, interval training, walking/ jogging programs, core training, yoga, pilates, zumba, and strength training using dumbbells and resistance bands. Emphasis will be placed on cardiovascular endurance, muscle strength, flexibility, and muscle endurance in each unit..

The students will demonstrate learning through performing and demonstrating workouts, fitness assessments, and creating and presenting their own workouts.

Course Recommendation: This course is recommended for students who are interested in developing an appreciation of group fitness.

Board Approved Primary Resources: None

Additional Registration Information: None



Health Issues

Health Issues Hybrid

Health Issues Online

Grades: 9-12

Instructional Delivery: Face-to-face, hybrid or online

Prerequisite: None

Semester-long course

This course fulfills the Health requirement for graduation.

Course Description: This course is the study of various topics related to the condition of a person's physical, mental, emotional, and social well-being.

The primary units of study include nutrition, mental health and stress management, family life, non-infectious disease, substance abuse, first aid and CPR.

The students will demonstrate learning through completion of assignments, tests, and projects.

The students will be expected to plan nutritious meals and develop a healthy weight management plan; research a noninfectious disease and develop a lesson to teach the class; examine characteristics of mental health and mental disorders; examine the effects of stress and practice coping skills; evaluate reasons to postpone sexual activity and practice refusal skills; examine the risks of commonly abused drugs; demonstrate proper CPR and AED techniques; and demonstrate first aid skills.

Board approved Primary Resource:

Lifetime Health

David P Friedman - Curtis C Stine - Shannon Whalen - Holt, Rinehart and Winston – 2004 – Print

ISBN: 9780030646140

Additional Registration Information: This course requires an additional fee for CPR materials and certification. The hybrid course is offered at LNHS & LSHS. Only the Link12 Lakeville online course does not meet the requirements for NCAA approved core courses. See your dean for more information.



International Dance

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education, Arts or elective requirement for graduation for the Class of 2020, 2021, and 2022.

This course fulfills the Physical Education or elective requirement for graduation for the Class of 2023.

Course Description: This course is the study of international dance styles.

The primary units of study include learning the following dance concepts, terms and choreography: salsa, tango, merengue, cha cha, swing, hip-hop, waltz, and traditional dances from various cultures.

The students will demonstrate learning through performing and choreographing dances.

Course Recommendation: This course is recommended for students who wish to develop an appreciation of dance as a method of cultural expression.

Board Approved Primary Resource: None

Additional Registration Information: Colleges and universities may or may not accept this course as an Arts credit.



Introduction to Sports Medicine (LSHS)

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the elective requirement for graduation.

Course Description: This course is the study of anatomy and kinesiology and key injuries as they relate to sports.

The primary units of study include medical terminology, lower leg, ankle and foot, knee, thigh and hip, low back, shoulder, elbow, wrist, hand, fingers and thumb.

The students will demonstrate learning through tests at the completion of each unit.

Course Recommendation: This course is recommended for students who may be interested in some field of medicine as a career or for students who may be interested in athletics with medicine as a comparable area of interest.

Board Approved Primary Resource:

Introduction to Health Science Technology

Louise Simmers - Thomson/Delmar Learning – 2004 – Print

ISBN: 9781401811280

Additional Registration Information: The course is offered at LSHS only. LNHS students provide their own transportation.



Intro to Weight Training

Grades: 9-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of basic resistance weight training.

The primary units of study include learning basic terminology, names and uses of equipment, safety techniques, how to organize and log basic workouts, how to assess fitness levels and to establish semester goals.

The students will demonstrate learning through the performing and logging of workouts, classroom worksheets and written tests.

Course Recommendation: This course is recommended for 10th-12th grade students with little or no weight training experience who are interested in weight training.

Board Approved Primary Resource: None

Additional Registration Information: None



Intermediate Weight Training

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: Introduction to Weight Training, or Instructor or Strength Coach approval

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of resistance strength training.

The primary units of study include learning muscle groups associated with exercise movements, an increased use and level of weight training terminology, assessing fitness levels, establishing semester goals and organizing basic workouts centered on personal goals.

The students will demonstrate learning through the performing and logging of workouts, classroom worksheets and tests.

Course Recommendation: This course is recommended for 10th-12th grade students who have experience in the Fitness Center but little or no experience in basic weight training terminology and developing personal fitness programs.

Board Approved Primary Resource: None

Additional Registration Information: None

Advanced Weight Training

Grades: 11-12

Instructional Delivery: Face-to-face

Prerequisite: Intermediate Weight Training or Instructor or Strength Coach approval

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is an advanced study of resistance weight training.

The primary units of study include the assessment of fitness levels, establishing semester goals and long-term goals, developing personal fitness programs based on goals, flexibility, nutrition and self care as they relate to strength training as well as additional information regarding training techniques and nutritional supplements.

The students will demonstrate learning through the performing and logging of workouts, classroom worksheets and tests.

Course Recommendation: This course is recommended for students with a thorough knowledge of the Fitness Center and a strong desire for self-improvement through established personal goals.

Board Approved Primary Resource: None

Additional Registration Information: None



Mega Weight Training

Grades: 11-12

Instructional Delivery: Face-to-face

Prerequisite: Advanced Weight Training or Instructor or Strength Coach approval

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the advanced study of resistance weight training.

The primary units of study include the assessment of fitness levels, establishing short and long-term goals, assist others in establishing short and long-term goals, developing personal fitness programs based on goals, developing personal fitness programs for others as well as providing information to other students as it relates to supplements and training techniques.

The students will demonstrate learning through the performing and logging of workouts, classroom worksheets and tests.

Course Recommendation: This course is recommended for students who have thorough knowledge and understanding of the Fitness Center and have experience in establishing personal fitness programs.

Board Approved Primary Resource: None

Additional Registration Information: None



Lifetime Activities

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of a wide variety of Lifetime Activities.

The primary units of study include bocce ball, horseshoes, darts, croquet, disc golf, washers, juggling, dominoes, table tennis, shuffleboard, and personal fitness assessment.

The students will demonstrate learning through participation and written tests at the completion of each unit.

Course Recommendation: This course is recommended for students who are interested in non-traditional physical education activities they can play and teach others, as they get older.

Board Approved Primary Resources: None

Additional Registration Information: None



Physical Education Online

Grades: 9-12

Instructional Delivery: Online

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of the fundamental components and principles of fitness.

The primary units of study include safety guidelines, proper technique and exercise principles such as FITT (frequency, intensity, time and type).

The students will demonstrate learning through assignments, tests, quizzes, projects and discussions, as well as documentation of physical exercise.

Board Approved Primary Resource: There is no additional text for this course.

Additional Registration Information: This course has an exercise component included. Each student is required to complete a minimum of 5 hours of exercise each week. Exercise will be recorded on a fitness log and documented using a Heart Rate Monitor that will be provided. Data will be downloaded and submitted to the instructor on a weekly basis.



Racquet Sports

Grades: 9 -12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of a wide variety of racquet/paddle sports.

The primary units of study include tennis, badminton, table tennis, spaceball, pickleball, paddle tennis and personal fitness assessment.

The students will demonstrate learning through participation and tests.

Course Recommendation: This course is recommended for students who enjoy racquet and paddle sports in a moderately competitive setting.

Board Approved Primary Resource: None

Additional Registration Information: None



Advanced Racquet Sports

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: Racquet Sports

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of racquet and paddle sports for students who have basic knowledge and fundamentals.

The primary units of study include tennis, badminton, table tennis, speedminton, pickleball, paddle tennis and personal fitness assessment.

The students will demonstrate learning through participation, projects and tests.

Course Recommendation: This course is recommended for students who are familiar with racquet/paddle sports game rules and fundamentals.

Board Approved Primary Resource: None

Additional Registration Information: None



Recreational Team Sports

Grades: 10-12

Instructional Delivery: Face-to-face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education elective or elective requirement for graduation.

Course Description: This course is the study of physical activity and team sports on a recreational level.

The primary units of study include volleyball, softball, soccer, floor hockey, basketball, flag football, ultimate frisbee, table tennis, and a personal fitness assessment.

The students will demonstrate learning through active participation and tests at the completion of each unit.

Course Recommendation: This course is recommended for students who enjoy participating in a variety of team sports at a recreational level.

Board Approved Primary Resource: None

Additional Registration Information: None

Unified Physical Education

Grades: 11-12

Instructional Delivery: Face-to-Face

Prerequisite: None

Semester-long course

This course fulfills the Physical Education requirement for graduation.

Course Description: This course is the study of sports, recreation, wellness and leadership. Students with and without intellectual disabilities participate in the course activities together. Students will support one another with increasing physical fitness and improving daily health habits. Through ongoing leadership opportunities, members of this class will be empowered to help create a more inclusive and accepting school environment for all students.

The primary units of study include: Basketball, Kickball, Softball, Soccer, Volleyball, Bocce, Bowling, Strength Training/Conditioning, Disc Golf, Horseshoes, Mini Golf, Croquet, Scooter Activities, Biking and Fitness Testing.

Students will learn through demonstrating competency in a variety of motor skills and movement patterns, applying the knowledge of concepts, principles and strategies related to movement and performance, demonstrating the knowledge and skills to maintain a health-enhancing level of physical activity and fitness, exhibiting responsible personal and social behavior that respects self and others, and recognizing the value of physical activity for health, enjoyment, challenge and social interaction.

Course Recommendation: This course is recommended for students who want to increase their physical fitness and sport-specific skills while fostering new friendships and social inclusion for students with intellectual disabilities.

Board Approved Primary Resource: Unified Physical Education, Special Olympics Minnesota

Additional Registration Information: Students in this class may have the opportunity to participate in Special Olympics Unified Sports competitions outside of regularly scheduled class time.