



## **Physical Education**

VUSD Graduation Requirement- 3 years ( up to Class of 2020) &

2 years (Class of 2021 and beyond)

All PE courses are not college prep.

### **P101 Introduction to Kinesiology 1 (9)**

This course for incoming freshmen is designed to introduce and continue skill practice, fitness training, self-responsibility, social interaction and group dynamics. It includes the participation in state-mandated physical fitness tests.

### **P125 PE Beginning Fitness/Weights (10-12)**

This course will incorporate weight lifting, running, flexibility, nutrition, balance, muscle tone and aerobic movements to aid the cardiovascular system.

### **P140 PE Advanced Fitness/Weights (10-12)**

- *Prerequisite: Completion of Beginning Weights and teacher approval*

This course will focus on high skill levels of personal fitness i.e. weightlifting, running, flexibility, balance, muscle tone and aerobic movements to enhance cardiovascular development.

### **P150 PE Team Sports (10-12)**

A focus on high skills, strategies and theories involved in team sports such as football, soccer, basketball, etc.

### **P170 PE Beginning Dance (10-12)**

This is an introduction to dance technique. Student choreography and performances included. Runs and conditioning are a regular part of class.

### **P180 PE Intermediate Dance (9-12)**

- *Prerequisites: Audition and*
- *minimum 2.0 GPA*

Students in Intermediate Dance are already proficient dancers who have mastered basic skills in ballet and jazz dance. Students are introduced to other dance forms, including modern dance, improvisation, musical theater dance, ethnic and aerobic dance. Students also explore elements of choreography and create movement projects in small cooperative groups, which are performed and critiqued in front of peers. Runs

### **P185 PE Advanced Dance (9-12)**

- *Prerequisites: Audition and*
- *minimum 2.0 GPA*

Students continue to develop technically and artistically with an emphasis on planning and producing their own dance concerts. Students fundraise, organize and print the program, direct rehearsals, assist with publicity, sell tickets, design and construct costumes, sets and hang focus lights. Runs and conditioning are a regular part of class.

### **P175 PE Expert Dance (9-12)**

- *Prerequisites: Audition and*
- *minimum 2.0 GPA*

The focus of this class is for the student to develop choreography based on themes from other curricular subjects. For instance, English, social studies, visual and other performing arts, physics, and math could each be subjects for movement exploration and development. Dancers must have high technical and academic skills to be admitted to the class. Choreography tied to other curricular areas will be presented on the stage and for the community at large through outreach performances. Written critiques, analyses, and research required.

### **P208 PE Aerobics (10-12)**

This course develops the principles of physical fitness with cardio vascular fitness, muscle strength, endurance coordination and flexibility. This class will encourage Lifelong Physical Fitness and the Exploration of Careers in the Health /Fitness Industry.

### **P560 Marching Band (9-12)**

- *Prerequisites: Minimum 2.0 GPA and*
- *teacher recommendation*
- *PE credit only.*

This year-long class emphasizes musicianship: Performances at football games, field show competitions, parades, concerts and festivals. Attendance at after school rehearsals and performances required. Enrollment in a traditional instrumental music class (Wind Ensemble II, Wind Ensemble I) is also required.

### **P570 Pageantry Corps (9-12)**

- *Prerequisites: Audition and*
- *minimum 2.0 GPA*

Pageantry Corps includes precision marching, field designs and dance routines. Attendance at rehearsals and performances is required. In the fall, students enroll in Pageantry Corps period 6. The course is offered each semester. Membership is usually **determined by audition in May**, although capable candidates have been accepted as late as September based on circumstance and ability. New students are

not generally accepted mid-year. **Students will receive PE credit ( up to 4 years) as well as fine arts credit (up to 2 years).**

**P580 PE Fitness (10-12)**

This course is designed to involve and engage each individual student in their own fitness evaluation and training. It will help them develop endurance, flexibility, coordination, strength, learn stress management, behavior modifications and weight control. The ultimate goal of this course is to encourage the pursuit of lifelong physical fitness.

**P585 Stationary Cycling (10-12)**

This class is designed to be a stationary cycling class-“Spin” as the main cardiovascular activity of the class, mixed with fitness activities and circuit training. This class is a form of high-intensity exercise that involves using a stationary exercise bicycle in a classroom setting. Students will set goals based on their personal goals of improved heart rate, weight loss or mileage. Students will learn to monitor their heart rate.

**If you are an athlete who is considering a  
Division 1 or 2 sport at a university, please  
refer to the next page.**

# **ATHLETICS**

To be eligible for athletics, a student must have a minimum un-weighted 2.00 grade point average each six week grading period. Students must pass a physical exam and have evidence of insurance prior to participation in any athletic program. We strongly encourage each athlete to purchase an ASB card. Consent from the athletic director and/or the coach is required

## **Athletic Sports Teams (9-12)**

May require enrollment in Athletic PE prior to or following the season of the sport. Some sports meet and practice off campus, during or after period 5 or 6.

M=Men

W=Women

NC= No cuts due to athletic ability

### **Fall**

Football – M/W

Freshman Football – M/  
W/NC

Cross Country – M/W/NC

Volleyball – W

Water Polo - M

Tennis – W

Field Hockey – W

### **Winter**

Golf – W

Soccer – M/W

Basketball – M/W

Wrestling – M/W/NC

Waterpolo - W

### **Spring**

Baseball – M

Softball – W

Swimming – M/W

Tennis – M

Track/Field – M/W/NC

Golf – M

## **College Bound Athletes**

If you plan to play Division I or II athletics in college, please visit :

<https://web3.ncaa.org/hportal>

[NCAA.org/student-athletes/play-division-i-sports](https://www.ncaa.org/student-athletes/play-division-i-sports) or the Division I Academic Requirements Guide for registration and information on required core courses and college test scores.

For more information, see your counselor or the athletic director.

**NOTE: If a student needs to remediate a college prep course, please verify that VHS (053675) or other institution's course planned is NCAA approved before signing up for**



# AIR FORCE JROTC

The Air Force Junior Reserve Officer Training Corps (AFJROTC) mission is to “Develop citizens of character dedicated to serving their nation and community”. The objectives are to educate and train high school cadets in citizenship, promote community service, instill responsibility, character, and self-discipline, and provide instruction in air and space fundamentals. The program is grounded in the Air Force core values of integrity first, service before self, and excellence in all we do. The curriculum emphasizes the Air Force heritage and traditions, the development of flight, applied flight sciences, military aerospace policies, space exploration, leadership and physical fitness.

## ***INTEGRITY SERVICE EXCELLENCE***

Participation in AFJROTC **DOES NOT** commit or obligate any student to military service. Students who complete two or more years may qualify for advanced rank upon enlistment in the military. It does not guarantee special consideration if a student chooses to enter any military branch. Students seeking college, and ROTC scholarships or Military Academy appointments may experience additional benefits.

**All AFJROTC receive PE credit except for Drill and Aviation and Intro to Aviation and Small**

**Unmanned Aerial Systems which are Electives**

Curriculum opportunities include:

- Aviation Honors Ground School
- Remote Pilot- Small Unmanned Aircraft Systems (Drones) FAA Pilot Certificate
- Academic studies
- Character education
- Life skills education
- Leadership education
- Team-building experiences
- Intramural competition
- Military Drill and Ceremonies
- Mentorship
- Peer tutoring
- Cyber Patriot
- Field trips and training opportunities
- Community service
- Presidential Physical Fitness Program

Students will accomplish the following during the first weeks of the course:

- *Have a parent or guardian sign a Wellness Program Participation Consent Form and a Uniform Issue Letter (PE clothes and uniforms are issued **free of charge**)*
- *Wear the Air Force uniform and PE clothes a minimum of one day a week (days to be specified)*
- *Comply with personal grooming and dress standards of the USAF*

### **P500 AFJROTC 1 (9-12)**

First year cadets will participate in military drill and ceremonies, participate in physical training and team sports, wear the USAF uniform weekly, be introduced to AFJROTC leadership principles, customs and courtesies, stress and time management, self-control, responsible decision making, foundations of U.S. citizenship and study Aviation History. All classes include 9<sup>th</sup> through 12<sup>th</sup> grade students.

### **P505 AFJROTC 2 (10-12)**

- *Prerequisite: successful completion of AFJROTC 1*

Second year cadets will assist in military drill and ceremonies, participate in physical training and team sports, wear the USAF uniform weekly, practice AFJROTC leadership principles, work on communications skills, personal and group awareness, and team-building, and study Aviation History or Science of Flight. Upon completion, the cadet will receive a Certificate of Training.

### **P510 AFJROTC 3 (11-12)**

- *Prerequisite: successful completion of AFJROTC 1 & 2*

Third year cadets will lead military drill and ceremonies, participate in physical training and team sports, wear the USAF uniform weekly, execute AFJROTC leadership exercises, study various life skills topics including personal financial management and career skills development, research colleges and careers, complete assigned projects and study various regions of the world. Upon completion, the cadet will receive a Certificate of Completion.

### **P515 AFJROTC 4 (12)**

- *Prerequisite: successful completion of AFJROTC 1, 2, & 3*

Fourth year cadets will plan, organize and lead all aspects of the corps. Cadets may hold cadet officer ranks and will be assigned specific responsibilities for managing various programs. Cadets will participate in physical training and team sports, study and practice the principles of leadership and management, and plan for their post-high school careers.

### **X876 Introduction to Aviation and Small Unmanned Aerial Systems (sUAS) - Elective (11-12) (Drones)**

- *Prerequisites: successful completion of AFJOTC 1 and 2 and*
- *SASI (JROTC Senior Aerospace Science) instructor recommendation*
- *SASI approval for non AFJROTC cadets*
- *Pending UC/CSU college prep elective credit—in process*

This **elective course** serves to inspire and equip students to pursue post secondary education and careers in aviation and aerospace related fields.

Concepts that students will learn and apply to both manned aircraft and unmanned aircraft systems during this course of study include: aerodynamic principles, aircraft systems, rules and laws governing manned and unmanned operations, FAA airspace system, airport operations, weather and its effect on all types of aircraft, performance, weight and balance, navigation, emergency procedures, radio communication, aeronautical decision making and physiological factors affecting pilot performance, maintenance, and preflight procedures.

At the conclusion of this course, students, will have the required knowledge to pass the FAA Private Pilot Knowledge test, a requirement for earning a Private Pilot Certificate. In addition to gaining the knowledge for the Private Pilot written exam, students will acquire the necessary skills to pass the Part 107 UAS Aeronautical Knowledge Test and earn their Remote Pilot - Small Unmanned Aircraft Systems (sUAS) Certificate.

### **P520 AFJROTC Drill Team (9-12)**

- *Prerequisites: successful concurrent enrollment in AFJROTC 1, 2,3, or 4*
- *Teacher recommendation*
- *Non college prep elective*

*This non-college prep elective course covers extracurricular drill activities offered by AFJROTC to all cadets and include color guard, saber team, rifle team, military honors detail and unarmed drill. Cadets are encouraged to become involved in as many of these activities as possible. Cadets involved are expected to be dedicated to them and to maintain regular attendance to all meetings and practices. Participation in extracurricular drill will enhance the cadet's chances for promotion to higher ranks and will qualify the cadet for respective award.*

