



Glacier Peak Physical Education Program

#gpfit4life

PE course progression

Health (.5)

(Separate class) Required for graduation-recommended for 9th grade

Foundations of PE (.5)

Required pre-requisite. This is a survey course that focuses on a well-rounded fitness and sport education. Take this before all other PE classes! If you can, take it in 9th grade. Once Foundations has been completed, you may take any of the PE courses below (as many times as you want to!)

P.E
1.5 credits of
PE required for
graduation!



Coaching &
Refereeing (.5)

Group
Fitness (.5)

Personalized
fitness (.5)

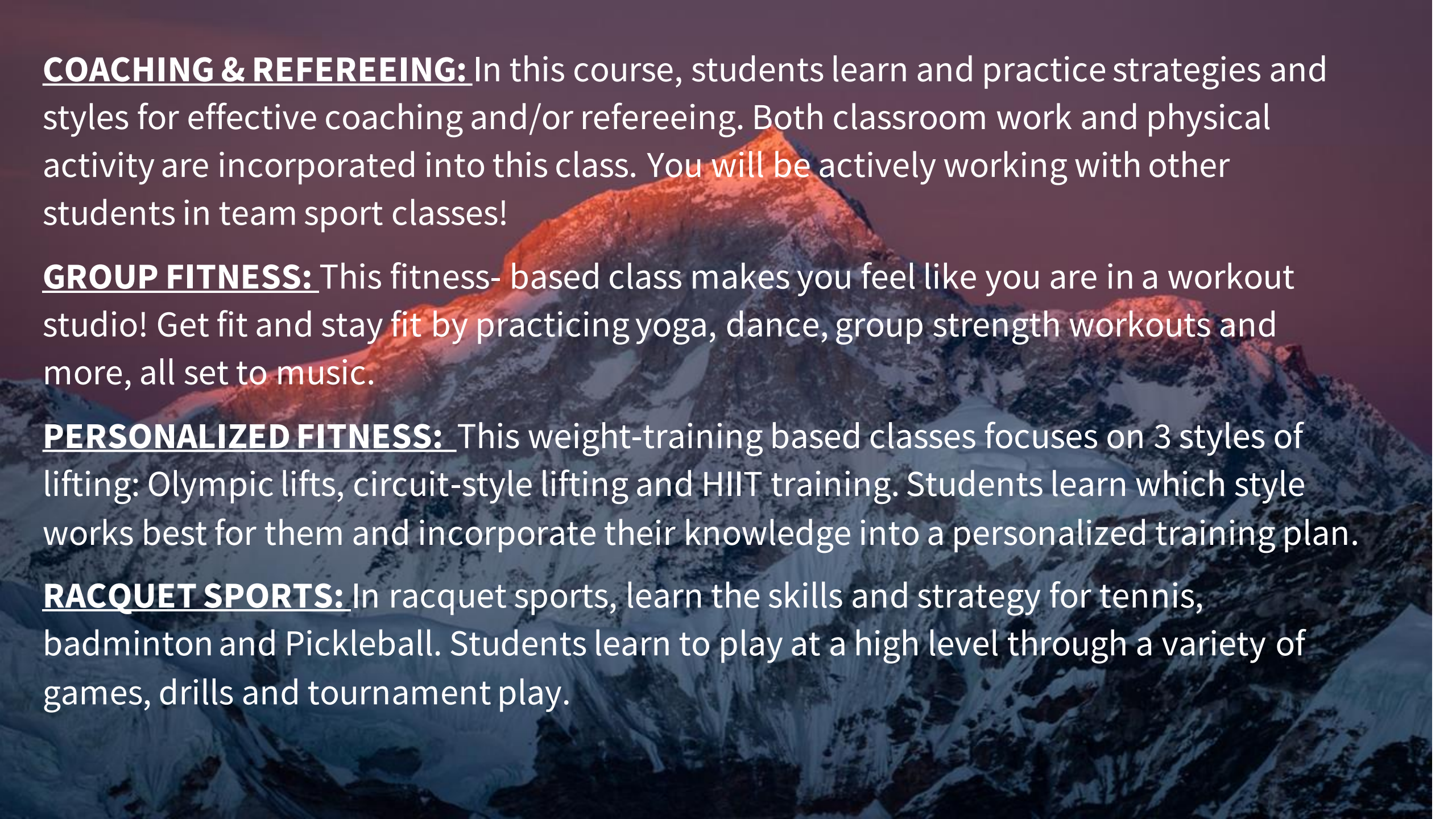
Racquet Sports
(.5)

Strength
training (.5)

Team Sports (.5)

Unified PE (.5)

Walk-fit (.5)

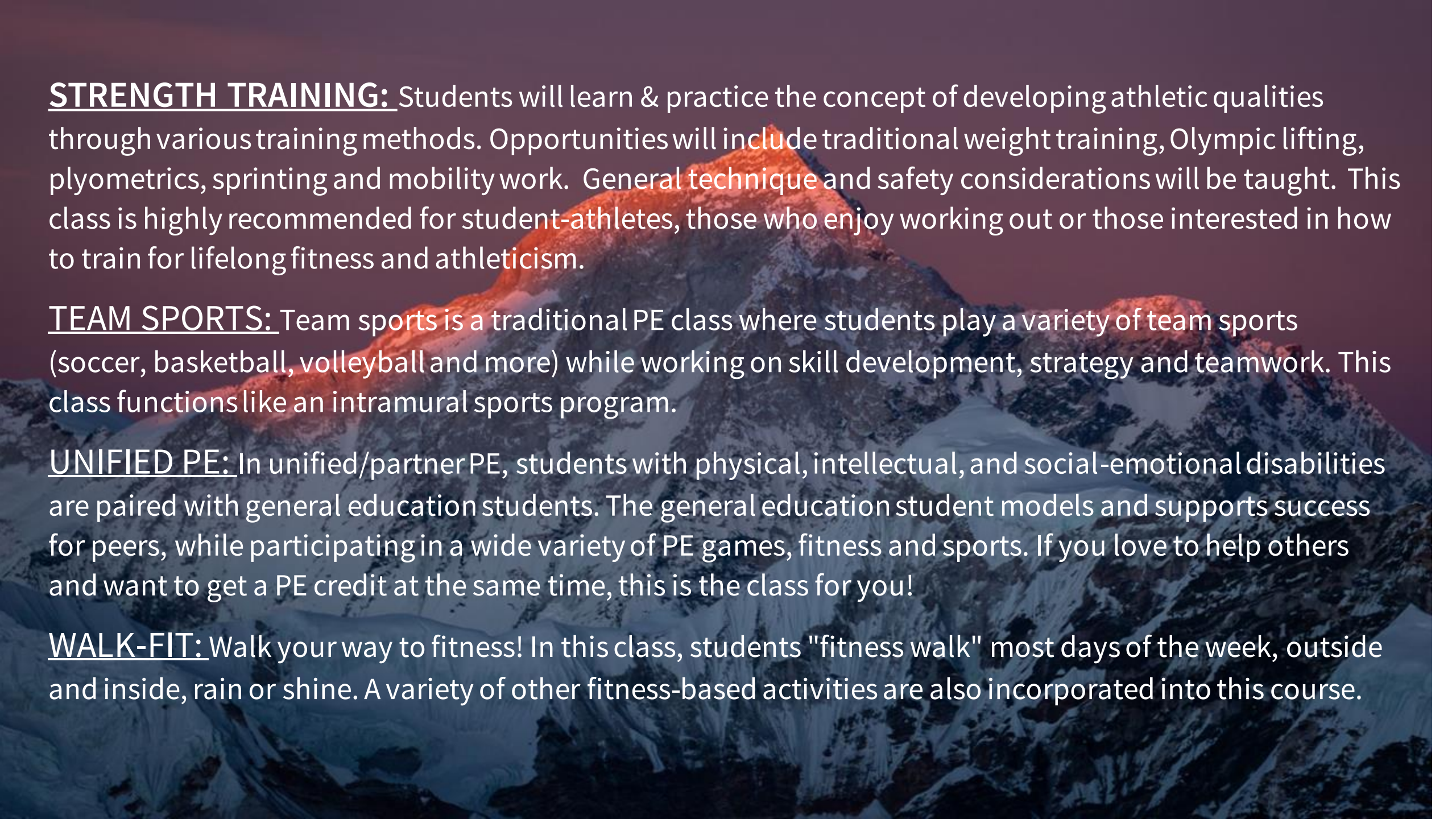


COACHING & REFEREEING: In this course, students learn and practice strategies and styles for effective coaching and/or refereeing. Both classroom work and physical activity are incorporated into this class. You will be actively working with other students in team sport classes!

GROUP FITNESS: This fitness-based class makes you feel like you are in a workout studio! Get fit and stay fit by practicing yoga, dance, group strength workouts and more, all set to music.

PERSONALIZED FITNESS: This weight-training based classes focuses on 3 styles of lifting: Olympic lifts, circuit-style lifting and HIIT training. Students learn which style works best for them and incorporate their knowledge into a personalized training plan.

RACQUET SPORTS: In racquet sports, learn the skills and strategy for tennis, badminton and Pickleball. Students learn to play at a high level through a variety of games, drills and tournament play.



STRENGTH TRAINING: Students will learn & practice the concept of developing athletic qualities through various training methods. Opportunities will include traditional weight training, Olympic lifting, plyometrics, sprinting and mobility work. General technique and safety considerations will be taught. This class is highly recommended for student-athletes, those who enjoy working out or those interested in how to train for lifelong fitness and athleticism.

TEAM SPORTS: Team sports is a traditional PE class where students play a variety of team sports (soccer, basketball, volleyball and more) while working on skill development, strategy and teamwork. This class functions like an intramural sports program.

UNIFIED PE: In unified/partner PE, students with physical, intellectual, and social-emotional disabilities are paired with general education students. The general education student models and supports success for peers, while participating in a wide variety of PE games, fitness and sports. If you love to help others and want to get a PE credit at the same time, this is the class for you!

WALK-FIT: Walk your way to fitness! In this class, students "fitness walk" most days of the week, outside and inside, rain or shine. A variety of other fitness-based activities are also incorporated into this course.

Commonly asked questions

Do I have to take Foundations?

Yes! Foundations gives you a sample of every PE elective that we offer and provides a well-rounded physical education. It is fast-paced, fun and informative. Also, this course covers content for the classroom-based assessment for PE, a requirement from the state.

Can I waive PE because I play sports or because I have a rigorous academic schedule?

*Physical education is an important part of every student's physical and mental health and wellness and is encouraged at Glacier Peak. Many studies have shown that physical activity during the school day enhances academic performance (click here for [one example](#)). If you feel that you have extenuating circumstances, please contact your counselor. **All waivers, regardless of the reason, must be approved by the principal.***

Do you cover health education content in PE class (specifically, sexual education)?

No. Unlike middle school, PE class and health class are not combined. Throughout their career in PE at Glacier peak, students will work on the Washington state physical education standards. Students will take a separate health class which covers the Washington state health education standards.