

## UPPER SCHOOL COURSES

### COURSE DESCRIPTIONS PHYSICAL EDUCATION DEPARTMENT COURSE DESCRIPTIONS

#### ***Agility and Fitness Male and Female (0.5 Credits)***

The agility and fitness class is designed to help students in grades 9-12 improve their agility, speed, and strength.

#### ***Agility and Fitness: Football 9 (0.5 Credits)***

The agility and fitness class is designed to train grade 9 male students to maximize their strength, conditioning, speed and agility needed to be successful in JV and high school football. In addition, emotional and character development will also be a part of the class. During the season, team meetings, video study and walk through demonstrations will also be included. .

#### ***Agility and Fitness: Football (0.5 Credits)***

The agility and fitness class is designed to train male students in grades 10-12 to maximize their strength, conditioning, speed and agility needed to be successful in high school football. In addition, emotional and character development will also be a part of the class. During the season, team meetings, video study and walk through demonstrations will also be included. .

#### ***Agility and Fitness: Cheer (1.0 Credits)***

The Agility and Fitness Cheer class is a full year course for the Raider Varsity Cheerleaders. The instruction time is utilized to prepare material and perfect the required skills for Game Day (football and basketball), pep rallies, and special events. In addition, team building activities, increasing strength, improving cardiovascular conditioning, and maximizing flexibility are a focus.

#### ***Agility and Fitness: Dance (0.5 Credits)***

The Agility and Fitness Dance class is for the Raiderette Dance Team to rehearse and perfect routines in preparation for pep rallies, football games, basketball games and special events. Classes are held at The Dothan School of Dance and at Houston Academy at the discretion of the team sponsor.