

**Orange Unified School District  
Private Study PE  
Semester Course**

**Grade Level: 9-12**

**Prerequisites:**

- Credit may be earned only for individual instruction which is not offered at school on an on-going basis.
- The California Physical performance Test must be pre- and post-tested in the spring semester.
- Tenth grade Physical Education is required for all students.
- The student must receive 400 minutes of instruction during each ten (10) days.

**Introduction to the subject:**

Private study PE is designed for and available to only the student who is involved in intensive training in a highly skilled sports program not offered in the regular physical education program at the school.

**Course Objectives:**

**By the end of the course the student will be able to:**

- Demonstrate skills necessary for a successful formal presentation in the area of private study.
- Score above the 50<sup>th</sup> percentile in all tests on the California Physical Performance Test.
- Develop an appreciation for health and physical fitness.
- Learn cooperation essential to environment adjustment.
- Acquire knowledge of sportsmanship in good citizenship.
- Gain self-reliance and self-discipline necessary for the future.
- Promote a healthy release of tension associated with daily living.

**Course overview and approximate unit time allotments:**

To be designed by the private instructor and presented to the counselor, physical education department chairperson, head counselor and Assistant Superintendent-Educational Services. See application and guidelines packet available from the Physical Education Department chairperson.

**DATE OF LAST CONTENT REVISION:**

**DATE OF CURRENT CONTENT REVISION:**

**DATE OF BOARD APPROVAL:**