

# Wootton Physical Education A Standards Based Approach



# Our Mission

The mission of the physical education department at Wootton High School is to provide students with the knowledge, skills and opportunity to be a physically educated person, not just for the present, but for a lifetime. Physical Education is an integral part of the educational process. In addition to physical well being, physical education assists the child in emotional and social growth

# A Physically Educated person

- Has learned skills necessary to perform a variety of physical activities
- Is physically fit
- Does participate regularly in physical activity
- Values physical activity and its contributions to a healthful lifestyle

# State Standards

- ◆ Standard I: Exercise Physiology – Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program.
- ◆ Standard II: Biomechanical Principles-Students will identify the effects of forces on different types of sports and activities
- ◆ Standard III: Social Psychological Principles- Students will experience the benefits of teamwork and working together toward a common goal.
- ◆ Standard IV: Motor Learning Principles- Students will Perform activities in a variety of ways to create “Motor Memory”
- ◆ Standard V: Physical Activity- Students will illustrate knowledge of the principles of exercise physiology, social psychology, and biomechanics by designing and adhering to a regular, personalized, purposeful program of physical activity.
- ◆ Standard VI: Skillfulness- Students will demonstrate the ability to enhance their performance in a variety of sports

# Graduation Requirement

The Montgomery County Public School System requires all students to complete two semesters of physical education in grades 9-12 for one full credit. Students with special needs are accommodated in the program and are not excused from the requirement.



# How is Wootton Different?

Wootton students are required to take a Principles of Physical Education Class as their first half credit in P.E. The second half credit, students have their choice of P.E. electives



# Thomas Wootton High School Physical Education

Principles of  
Physical Education  
Through Dance

Dance

Intermediate

Beginner

Advanced

Jazz/Hip-  
Hop

Principles of  
Physical Education  
Through Sport

Basketball

Team Games

Football

Net  
Games

Principles of  
Physical Education  
Adapted

Body  
Sculpting

Aerobics

Yoga

Principles of  
Physical Education  
Through  
Fitness

Beginner

Advanced

Weight Training



Government Health Warning !!  
Don't Chew Gum While Working Out!!

