



*Our pledge is to facilitate every students' desire to be physically active. In doing so, students will be able to enjoy a wide variety of physical activities, become committed to everlasting health, and will live more productive and healthier lives because of the state of their positive , physical well-being.*



**Tarpon Fitness**



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**Charlotte High School**

**Physical Education**

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**Charlotte  
High School**

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**Physical  
Education**



*Achieving physically fit  
and healthy bodies...for  
life.*

**Phone: (941) 575-5450**

## Physical Education Overview:



Physical education courses are designed to provide knowledge and skills needed to engage in a physically active and healthy

lifestyle. The focus of the department is to provide students with opportunities to choose sports and activities that will address health related fitness concepts, lifetime physical activities, as well as health and wellness concepts.

## Courses Offered:

**HOPE PE**

**Team Sports I & II**

**Dual Sports I & II**

**Weight Training I, II & III**

**Comprehensive Fitness**

**Fitness Lifestyle Design**

Courses in physical education will include a variety of individual and dual sports, team sports, weightlifting, and lifestyle fitness design. Attendance and participation are important aspects for successful completion and are necessary for enhancement of physical fitness throughout life.



## The PE Portfolio:

PE portfolios allow students to track their own progress. Each portfolio should contain:

- Fitness Assessments
- Goals
- Heart Rate data
- Nutritional journals
- Workout & Exercise logs

Upon completion of the class, students will have acquired the tools necessary to achieve a lifetime of fitness.

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