



**OAK PARK INDEPENDENT SCHOOL
OAK VIEW HIGH SCHOOL
High School Physical Education**



Indicate the unit for each activity entered (descriptions on reverse):

Aquatics - Rhythm/Dance - Individual Sports
Dual Sports - Combatives - Gymnastics/Tumbling
Team Sports - Personal Fitness Activities

DATE	UNIT	ACTIVITY	TIME
example 01/15/16	Aquatics	I swam 16 lengths of the pool. 8 freestyle, 4 backstroke, 4 breaststroke	1 hour
TOTAL HOURS			

I supervised my child in the above activities. All recorded information and documentation is correct.

Parent: _____

Date: _____

Supervisor: _____

Date: _____

**OAK PARK INDEPENDENT SCHOOL
OAK VIEW HIGH SCHOOL**

**Physical Education
Instructional Units**

AQUATICS	RHYTHM/DANCE	INDIVIDUAL SPORTS	DUAL SPORTS
Breath control, floating, gliding, freestyle, backstroke, sidestroke, butterfly, breaststroke, rescue from side of pool, boat safety, water aerobics, water polo	Folk, social, square, modern, ballet, tap, hiphop, aerobic dance and conditioning, line dancing, jazzercise, dancercise	Swimming, rowing, archery, cycling, golf, skating, yoga, Tai Chi, disc golf, bowling, rope jumping, jogging, juggling, hacky sak, weight lifting, hiking, rope and wall climbing	Tennis, badminton, handball, racquetball, doubles volleyball, frisbee, table tennis, swimming, rowing, archery, cycling

COMBATIVES	GYMNASTICS/TUMBLING	TEAM SPORTS
Personal safety, Tai Chi, fencing, wrestling, Tybo, kickboxing, martial arts	Rhythmic gymnastics, balance beam, tumbling, individual and partner balance stunts	Baseball, softball, basketball, water polo, soccer, football, volleyball, ultimate frisbee, hockey