

# PE, Music, and Culture

## Physical Education 7-8<sup>th</sup> Grade

This course is designed to introduce activities for immediate and long-term fitness. Activities include: volleyball, flag football, soccer, aerobics, basketball, badminton, bowling, hockey, softball, track and field, kickball, and weightlifting. The student will, through participation, learn to recognize and respect the proper place of sports, activities, and physical fitness as an essential part of the total person.

## Physical Education 10-12<sup>th</sup> Grade

This course is designed to introduce activities for immediate and long-term fitness. Activities include: volleyball, flag football, soccer, aerobics, basketball, badminton, bowling, hockey, softball, kickball, and weightlifting. The student will, through participation, learn to recognize and respect the proper place of sports, activities, and physical fitness as an essential part of the total person.

## Physical Education 9<sup>th</sup> Grade

This class is designed to introduce activities for immediate and long term fitness. Activities include volleyball, basketball, speed ball, wiffle ball, and softball.

## Strength Training

This class will focus primarily on weight training with at least 4 days a week being spent in the weight room on a structured weight program. Other days will be spent on lifetime activities such as bowling, horseshoes, racquet games, golf, volleyball, basketball and softball.

## Culture 7-12<sup>th</sup> Grade

Students will study the basic oral communication skills of the Omaha language which include listening and speaking, reading and writing. The culture and language of the Omaha speaking peoples will also be discussed during class time.

## Choir/ Piano

This course is designed to be a performance based class. Singers will learn a variety of repertoire which will be performed throughout the year. Required performances include the Lewis Conference Choral Festival, Christmas and Spring Concert. Piano students will learn to read notes and rhythms, playing a variety of repertoire, with opportunities to play in class recitals and school concerts.

The Walthill Music program is focusing on developing musicians with a focus on music theory, music history, and performance. Instrumental, vocal, and rhythmic classes are what we are doing with Jr High and High School, with Prodigies music curriculum for the K-6.