

School of the Holy Child

Department of Athletics/Physical Education

Fall Sign-up Form

Physical Education (*1 year*)

Requirement: 4 years

Y 9 10 11 12

Physical Education classes seek to enrich students utilizing a lifetime fitness approach. Students will learn disciplines through various instruction, including palates, aerobics, yoga, power walking, adventure education and kickboxing. Girls will also be taught stretching, nutrition, and overall wellness activities. Some more traditional activities are also offered, including basketball, badminton, soccer and field hockey.

(High school student-athletes are exempt from Physical Education classes for the season in which they participate in athletics.)

Fall

If you intend to play a sport, please place a “yes” in the space provided. If you are unsure if you will play a sport in the fall, please place a question mark “?” in the space provided. Please remember that students are only allowed to play one sport per season.

Soccer - Varsity & Junior Varsity _____

Volleyball - Varsity & Junior Varsity _____

Field Hockey - Varsity, Junior Varsity, & Thirds _____

Cross Country - Varsity _____

NAME: _____