

PHYSICAL EDUCATION

FITNESS AND CONDITIONING

CREDIT: 1

LENGTH: One year

LEVEL: Grades 9 - 12

PREREQUISITE: PE/Health/Skills

This course is designed to increase the students' overall cardiovascular endurance, strength, agility, and flexibility. Activities will include running, jogging, weight training, plyometric training, agility training, and flexibility training.

LIFETIME SPORTS

CREDIT: 1

LENGTH: One year

LEVEL: Grade 9-12

PREREQUISITE: None

This course is designed to increase students' acquisition of lifetime activities to stay healthy and fit. Activities include individual sports such as tennis, running, and yoga to group sports such as badminton, soccer, volleyball, basketball, team handball and softball