Any student’s FIRST credit of Physical Education must be one of the four classes listed in the first row. Each of these classes satisfies the physical education credit towards graduation. May be completed in grade 9, 10, 11, or 12.

All classes below the dotted line satisfy a general elective credit towards graduation. After completing one physical education credit from the four options listed above, any of the classes below are available, according to the grade levels listed.

Advanced Aerobics
*for 9, 10, 11, 12 grades
*must complete physical education credit first
(May be repeated – Semester (Gr 9-12) or Yearlong (Gr 10-12))

Advanced Total Fitness
*for 9, 10, 11, 12 grades
*must complete physical education credit first
(May be repeated – Semester (Gr 9-12) or Yearlong (Gr 10-12))

Intermediate Strength Training & Speed Development
*for 9, 10, 11, 12 grades
(May be repeated – Semester (Gr 9-12) or Yearlong (Gr 10-12))

Team Sports
*for 9, 10, 11, 12 grades
*must complete physical education credit first

Individual & Dual Activities
*for 9, 10, 11, 12 grades
*must complete physical education credit first

Advanced Team Sports
*for 10, 11, 12 grades
*must complete Team Sports first
(May be repeated – Semester or Yearlong)

Yoga
*for 9, 10, 11, 12 grades
*must complete physical education credit first
(May be repeated – Semester (Gr 9-12) or Yearlong (Gr 10-12))

Advanced Strength Training & Speed Development
*for 10, 11, 12 grades
*must complete both previous levels of Strength first
(May be repeated – Semester or Yearlong)