

Physical Education and Health

[Introduction Video](#)

Course Flow Table:

Grade Level		Required Courses	Advanced / Elective Courses
<u>9th grade</u>		Fitness Foundations OR Intro to Human Performance	Intro to Human Performance
<u>10th grade</u>		Health	Advanced Human Performance Girls General Weights Boys General Weights Sports and Recreation Functional Fitness
<u>11th grade</u>			Advanced Human Performance Girls General Weights Boys General Weights Sports and Recreation Functional Fitness
<u>12th grade</u>			Advanced Human Performance Girls General Weights Boys General Weights Sports and Recreation Functional Fitness

Other links/Information: