

PHYSICAL EDUCATION & HEALTH

Physical education is part of the school experience of South Carolina students. [Physical education](#) provides students with important opportunities for healthy activities and play. The National Association for Sport and Physical Education (NASPE) recommends that schools provide 150 minutes of instructional physical education for elementary school children, and 225 minutes for middle and high school students per week for the entire school year.

GRADUATION REQUIREMENTS

Physical Education 1
Physical Education 2
Physical Education 3
Physical Education

Adaptive Physical
Education
Driver Education
Personal Health and
Wellness

Weightlifting 1
Weightlifting 2
Weightlifting 3
Weightlifting 4

Health