

Health/Physical Education Course Sequence

All students must take 2 semester PE courses and 1 semester of Health for graduation credit. One PE course must be Foundations of Fitness. Then they can choose from any of the other courses on the second line of the chart below.

Summer School Offerings: (all co-ed classes)

*All Summer Activity classes are taught in 2 hour 20 min. blocks

Foundations of Fitness, Fitness for Life (2022), Swimming for Life, Health-Wellness for Life, Concepts in PE (Online)

HEALTH

All students must take Health and Wellness for 1 semester for graduation credit OR they may substitute the IB Sports, Exercise, and Health Sciences course for Health credit.

| | | |
|---|----|--|
| Health and Wellness (required for graduation) (Online Available) | OR | IB Sports and Health Sciences (11th and 12th only) |
|---|----|--|

ACTIVITY COURSES

Each Student must take Foundations of Fitness AND one other course

| |
|--|
| Foundations of Fitness (FOF) (required for graduation) All courses below should be taken after FOF |
|--|

| | | | | | | |
|------------------|---|---|---------------------------|-------------------------|-------------------------|---|
| Fitness for Life | Team Sports 10-12 <small>Must take FOF first</small> | Strength and Performance <small>(Prerequisite for Advanced Strength and Performance)</small> | Walking for Fitness 10-12 | Trends in Fitness 10-12 | Swimming for Life 10-12 | Concepts in Physical Education (ONLINE) 10-12 |
| | | Advanced Strength and Performance | | | | |

ELECTIVES

The courses below are ELECTIVE ONLY. They do not count towards PE Graduation Credit.

| | | |
|---|---|--|
| Essentials of Athletic Training and First Aid | IB Sports Exercise and Health Sciences <small>(May be used as Health Credit)</small> | Mentoring in Physical Education <small>(Application and Teacher Approval)</small> |
|---|---|--|