

# RHS Physical Education

Mission Statement: To develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.



Any student's **FIRST** Phy Ed credit must be one of the three classes listed in the top row.  
Any of these classes satisfy the Phy Ed credit towards graduation. May be completed in grade 9, 10, 11 or 12.

**Aerobics**

**Total Fitness**

**Strength Training &  
Speed Development I**

After completing one Phy Ed credit from the three options listed above, any of the classes below are available for general credit according to the grade levels and prerequisites.

**Advanced Aerobics**

Gr 9-12

Must complete Aerobics first

May be repeated

Semester (9-12) or Yearlong (10-12)

**Advanced Total Fitness**

Gr 9-12

Must complete Total Fitness first

May be repeated

Semester (9-12) or Yearlong (10-12)

**Intermediate Strength Training & Speed  
Development**

Gr 9-12

**Advanced Strength Training & Speed Development**

Gr 10-12

**Team Sports**

Gr 9-12

**Advanced Team Sports**

Gr 10-12

Must complete Team Sports first

**Yoga**

Gr 9-12

May be repeated

Semester (9-12) or Yearlong (10-12)

**ISD 728 GRADUATION REQUIREMENT =  
ONE (1) PHYSICAL EDUCATION CREDITS**