

ZHS PHYSICAL EDUCATION COURSE OFFERINGS SEQUENCE OPTIONS

ISD 728 GRADUATION REQUIREMENT = ONE PHYSICAL EDUCATION CREDIT AND ONE HEALTH CREDIT.

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 PE credit from the three options above; any of the classes below are available according to the grade levels and prerequisites listed.

Advanced Aerobics

- 9th, 10th, 11th or 12th grade
- May be repeated
- Semester or Year-long

Advanced Total Fitness

- 9th, 10th, 11th or 12th grade
- May be repeated
- Semester or Year-long

Strength Training & Speed Development II

- 9th, 10th, 11th or 12th grade

Team Sports

- 9th, 10th, 11th or 12th grade

Yoga

- 9th, 10th, 11th or 12th grade
- May be repeated
- Semester or Year-long

Intermediate Strength Training & Speed Development

- 9th, 10th, 11th or 12th grade

Advanced Team Sports

- 10th, 11th or 12th grade
- Must complete Team Sports first

Individual & Dual Activities

- 9th, 10th, 11th or 12th grade

Advanced Strength Training & Speed Development

- 10th, 11th or 12th grade

Net and Racquet Sports

- 9th, 10th, 11th or 12th grade