

Physical Education Graduation Requirement

To meet the requirements for graduation, a student must complete 1.0 credit in Lifetime Wellness and .5 credit in an elective physical education course. A student may earn no more than a total of 8 P.E./Wellness credits.

The .5 Physical Education requirement may be met by substituting a documented and equivalent time of physical activity in marching band, cheerleading, dance team, or TSSAA interscholastic athletics; however a .5 Physical Education credit is not awarded for participating in one of these activities.

Physical Education Courses and Descriptions

Lifetime Wellness (G08H02)

This course is required for graduation and recommended for grade 9. Lifetime Wellness is a course that develops positive concepts toward an active, healthy lifestyle. Physical fitness activities such as aerobics, line-dancing, volleyball, badminton, table tennis, basketball, indoor/outdoor fitness games, etc. comprise units in the class structure that require students to dress appropriately in order to perform the activities. Classroom units covering disease prevention, mental health, stress management, nutrition, drug/alcohol/ tobacco prevention, first aid/CPR, and human sexuality are included in this course.

Grade Level: 9, 10, 11, 12

- Prerequisite: NA
- Credit: 1

Physical Education I (G08H00)

This course is designed to introduce the students to the fundamentals of specific individual and team sports which include skills, rules, and game strategy. There will also be non-competitive educational gymnastics, dance, weightlifting, aerobic, and anaerobic training.

- Grade Level: 9, 10, 11, 12
- Prerequisite: NA
- Minimum Credit: .5
- Maximum Credit: .5

Physical Education II (G08H01)

In this course students are expected to attain a proficient level in specific individual and team sports which will include skills, rules, and game strategy. There will also be non-competitive educational dance, weightlifting, aerobic, and anaerobic training.

- Grade Level: 9, 10, 11, 12
- Prerequisite: NA
- Credit: 1

Physical Education II WI (G08H01W1)

The course includes intense weight training at a high tempo that will progressively increase in difficulty. Included in this class will be power training exercises, stretching, calisthenics, running for speed development, stations to develop quickness, and plyometric skills. Proper techniques and safety will be emphasized to prevent injuries. The course will also teach the location and movement provided by the major muscle groups.

- Grade Level: 9, 10, 11, 12
- Prerequisite: NA

- Credit: 1

Physical Education II WII (G08H01W2)

The course includes intense weight training at a high tempo that will progressively increase in difficulty. Included in this class will be power training exercises, stretching, calisthenics, running for speed development, stations to develop quickness, and plyometrics. Proper techniques and safety will be emphasized to prevent injuries. The course will also teach the location and movement provided by the major muscle groups.

- Grade Level: 9, 10, 11, 12
- Prerequisite: NA
- Credit: 1

Physical Education II WIII (G08H01W3)

The course includes intense weight training at a high tempo that will progressively increase in difficulty. Included in this class will be power training exercises, stretching, calisthenics, running for speed development, stations to develop quickness, and plyometrics. Proper techniques and safety will be emphasized to prevent injuries. The course will also teach the location and movement provided by the major muscle groups.

- Grade Level: 9, 10, 11, 12
- Prerequisite: NA
- Credit: 1