

# Health & PE Courses

- All students must take **Health** to graduate. It is **strongly recommended** that you to take Health in 9<sup>th</sup> grade.
- If you do not take Health in 9<sup>th</sup> grade, you will need to take it later.
- All students need to complete **1.5 total PE credits** to graduate. It is **strongly recommended** that students take PE Level 1, a course specifically designed for 9<sup>th</sup> graders.
- Students who want to take both **Band and a World Language** freshman year might choose to delay taking Health and PE until 10<sup>th</sup> grade or later.