

Physical Education / Health / Driver Education

Freshman	Health – Wellness	Year-long	Required
Sophomore	Driver Education AND CPR-Safety	Semester	*Required
	Fitness Program Design	Semester	Required
	Health 10	Semester	Transfer students or make-up Freshmen year
Junior	Skills For Healthy Living	Semester	Required
Junior-Senior	Physical Education	Three semesters	Required but elective choices: <i>Adventure Challenge</i> <i>Dance I</i> <i>Dance II</i> <i>Fall Individual Sports</i> <i>Fall Team Sports</i> <i>Health 10</i> <i>Leadership Training</i> <i>Life Skills</i> <i>Modified Physical Education</i> <i>Nutrition-Wellness</i> <i>Officiating</i> <i>Recreational Games</i> <i>Sports Medicine</i> <i>Spring Individual Sports</i> <i>Spring Team Sports</i> <i>Weight Training</i>

*(if student takes driver education outside of school setting, they need to substitute another physical education elective their junior or senior year)