

Physical Education Staff

- Mr. Alix
- Mrs. Schulz
- Mrs. Yerkey

Physical Education Department: Available courses based on grades

9th Grade	10th Grade	11th Grade	12th Grade
<p>All incoming 9th graders are required to take one of the following courses their freshmen year.</p> <ul style="list-style-type: none"> ● PE Foundations ● Weight Training 1 <p>If the prerequisites have been met, students in 9th grade are allowed to take the following courses in their 2nd semester.</p> <ul style="list-style-type: none"> ● Team Sports ● Recreation Sports ● Individual & Dual Sports ● Health & Fitness 	<ul style="list-style-type: none"> ● PE Foundations ● Weight Training 1 ● Team Sports ● Recreation Sports ● Individual & Dual Sports ● Health & Fitness <ul style="list-style-type: none"> ● Weight Training 2 ** ● Weight Training 3** ● Adventure I ** <ul style="list-style-type: none"> ● Athletic Performance** Year long advanced course, early bird through first hour, 1.5 credits. Prerequisites required. <p>** These courses are available to those who have met the prerequisites</p>	<ul style="list-style-type: none"> ● PE Foundations ● Weight Training 1 ● Team Sports ● Recreation Sports ● Individual & Dual Sports ● Health & Fitness <ul style="list-style-type: none"> ● Weight Training 2 ** ● Weight Training 3** ● Adventure I ** ● Adventure II** <ul style="list-style-type: none"> ○ Fall Semester only ● Adventure III** <ul style="list-style-type: none"> ○ Spring semester only <ul style="list-style-type: none"> ● Athletic Performance** Year long advanced course, early bird through first hour, 1.5 credits. Prerequisites required. <p>** These courses are available to those who have met the prerequisites</p>	<ul style="list-style-type: none"> ● PE Foundations ● Weight Training 1 ● Team Sports ● Recreation Sports ● Individual & Dual Sports ● Health & Fitness <ul style="list-style-type: none"> ● Weight Training 2 ** ● Weight Training 3** ● Adventure I ** ● Adventure II** <ul style="list-style-type: none"> ○ Fall Semester only ● Adventure III** <ul style="list-style-type: none"> ○ Spring semester only <ul style="list-style-type: none"> ● Athletic Performance** Year long advanced course, early bird through first hour, 1.5 credits. Prerequisites required. <p>** These courses are available to those who have met the prerequisites</p>