

PHYSICAL EDUCATION

PHYSICAL EDUCATION I & II (.5 credit)

Grades: 9-12

Physical Education encompasses learning how to live and maintain a healthy lifestyle. This course covers physical fitness, why it is important, how to have a healthy attitude, and how to stick with a healthy game plan. In this ever-changing world, physical fitness becomes more important and more difficult to find the time for. This course allows the student to discover how to make physical fitness not only a part of their daily life, but also see that it is attainable. PE for a Healthy Lifestyle will examine the emotional, physical, and scientific factors that influence physical performance.