

PHYSICAL EDUCATION

3303 Lifetime Wellness

Grade Level: 9

Credit: 1*

This course is required for graduation. Wellness is an integrated curriculum combining physical fitness, health, and wellness training for life. Two years of JROTC is the only substitution allowed for Lifetime Wellness.

3302 Physical Education II

Grade Level: 10-12

Credit: 1*

This course is designed to develop a student's level of proficiency in a specific individual or dual sport and team sports. Total fitness will also be developed through non- competitive educational gymnastic activities including aerobic and anaerobic activities.

3397 Weights and Kinesiology I & II

Grade Level: 10-12

Credits: 0.5 – 2.0*

This course is designed to enhance physical fitness of students through agilities, running and weights. Weights and Kinesiology is highly recommended for Page High Athletes.

** Note: Students may earn up to a total of 3 Physical Education credits.*