

## Physical Education Electives

School Year 2019-2020

Between your Junior and Senior year of high school, you are required to enroll in and complete 3 semesters of Physical Education Electives. (Three courses over two school years)

As a student, you get to choose in which school year you take two semesters or one semester of Physical Education.

You are required to choose three differently courses. You may not repeat a course.

Currently there are seven Physical Education Elective courses to choose from. Some courses run each semester and some run only one semester. When choosing your courses, look closely to see in which semester(s) courses are running so do not inadvertently enroll in courses concurrently.

Course descriptions can be found in the online Program of Studies.

These are the courses and assigned semesters in which each course will be offered for the 2019-2020 school year:

Fall Semester (1)	Spring Semester (2)
Personal Fitness	Group and Personal Fitness
Lifetime Activities	Self and Peer Defense
Team Sport Concepts & Strategies	Team Sport Concepts and Strategies
Empowering Students Through Leadership in Physical Education (Physical Education teacher recommendation required)	Empowering Students Through Leadership in Physical Education (Physical Education teacher recommendation required)
Physical Education Strategies (Physical Education teacher recommendation required)	Physical Education Strategies (Physical Education teacher recommendation required)