

## 7 - 12 Physical Education Pathway

<b>7</b>	Physical Education/Health (1 semester)									
<b>8</b>	Physical Education 8 (1 semester)									
<b>9</b>	Physical Education 9 (1 semester)					Health and Wellness (1 semester)				
<b>10 – 12</b> <i>(Available at Eisenhower and Henry Ford II)</i>	Learn to Swim (1 semester)			Swim for Fun & Fitness* (1 semester)			Lifeguard Training* (1 semester) • Red Cross Swim Skills • 15 yrs. old by course completion		Water Games* (1 semester)	
<b>10-12</b>	Team Sports for Boys* (1 semester)	Conditioning for Athletes – Fall* (1 semester)	Weight Training and Fitness (1 semester)	Dance* (1 semester)	Aerobics* (1 semester)	Lifetime Leisure Activities* (1 semester)	Personal Fitness for Life* (1 semester)	First Aid and Safety (1 semester) • Cannot be used to fulfill PE requirement	Health and Wellness (1 semester)	
	Team Sports for Girls* (1 semester)	Conditioning for Athletes – Spring* (1 semester)	Weight Training and Fitness for Girls* (1 semester)							
<b>11-12</b>	Officiating Team Sports* (1 semester)					Advanced Weight Training and Fitness* (1 semester)				

\*= Course is Repeatable