

Physical Education

9 th Grade Options	10-12 Grade Options
Beginning Weights	Lifetime Fitness
Basketball	Basketball
Spikeball/RampShot/Ultimate Frisbee	Spikeball/Rampshot/Ultimate Frisbee
Badminton/Tennis/Pickleball	Badminton/Tennis/Pickleball
PE 1	Yoga
	Advanced Weights/Conditioning
	NASP Archery
	Athlete PE
	Athlete Weights

Course Title	Prerequisite	Grade Level	Length of Course	Credits Per Year	Meets Graduation Requirement in:
Badminton/Pickleball/Tennis	None	9-12	1 semester	0.5	PE, EL

Students will have the opportunity to learn skills and game strategies for multiple racket sports. Each of these sports can be enjoyed outside of the classroom and are easily accessible in the community. Sportsmanship, participation and a great attitude will be required daily!

Spikeball/RampShot/Ultimate Frisbee	None	9-12	1 semester	0.5	PE, EL
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These up and coming non-traditional sports are taking over parks around the globe! Students will learn and play several “backyard” games that can be enjoyed on any playing surface – inside or out! Sportsmanship, participation and a great attitude will be required daily!

NASP Archery	None	10-12	1 semester	0.5	PE, EL
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National Archery in Schools Program promotes instruction in international-style target archery. All NASP classes are taught by an instructor who has graduated the “Basic Archery Instructor” training series. Equipment is all NASP approved and used in state and national level competitions. Focus is on safety and enjoying a lifelong love of archery.