

Required Physical Education

Course provides instruction and development of skills in human movement, physical activities, and physical fitness. Students will gain knowledge of different fitness activities, about anatomy, cardiovascular & muscular fitness. Students will be introduced to a variety of individual and dual sports along with team sports and lifelong activities, and gain a basic knowledge of different principals and methods to lead to an active lifestyle. **This course satisfies a required PE credit.**

Course ID# = PEREQ-GN-Y

**(This course meets the required Physical Education
Graduation Credit Requirement)**