

7 - 12 Physical Education Pathway

7	Physical Education/Health (1 semester)							
8	Physical Education 8 (1 semester)							
9	Physical Education 9 (1 semester)					Health and Wellness (1 semester)		
10 – 12 <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)	
10-12	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
	Team Sports for Girls* (1 semester)	Conditioning for Athletes – Spring* (1 semester)	Weight Training and Fitness for Girls* (1 semester)					
11-12	Officiating Team Sports* (1 semester)					Advanced Weight Training and Fitness* (1 semester)		

*= Course is Repeatable