

Health Enhancement

9th Grade Year

HEALTH

PHYSICAL EDUCATION CHOICE:

- **FITNESS CONDITIONING**- 3 Days Lift, 1 Day Agility/Cardio, 1 Day Team Activity
- OR
- **LIFETIME FITNESS**- 3 Days Group/Partner Activity, 1 Day Cardio, 1 Day Lift

10th Grade Year

- **APPLIED FITNESS**- Both PE Classes & Health

11th Grade Year

- **OUTDOOR PURSUITS**- OPEN

12th Grade Year

- **OPEN**

- **GREEN HIGHLIGHTS = MUST CHOOSE**
- **1 & 2 Denotes 1st & 2nd Semester in**  Registration Handbook

HEALTH ENHANCEMENT

- S Lifetime Fitness 1
- S Lifetime Fitness 2
- S Fitness Conditioning 1
- S Fitness Conditioning 2
- S* Applied Fitness 1
- S* Applied Fitness 2
- S* Outdoor Pursuits

9th - HEALTH