Physical Education Courses
Grades 8-12

Team Offerings
Basketball
Field Hockey
Lacrosse
Touch Football
Team Handball
Ultimate Frisbee
Volleyball

Lifetime Activities
Badminton
Social Dance
Fitness
Golf
Project Adventure
Recreational Games

Physical Fitness Activities
Circuit Training
Fitness Assessment
Jogging
Rope Jumping
Speed Walking
Aerobics
Toning Bars

GRADE 8

Team Offerings
Basketball
Field Hockey
Lacrosse
Team Handball
Touch Football
Ultimate Frisbee
Volleyball

Lifetime Activities
Badminton
Social Dance
Fitness
Golf
Project Adventure
Recreational Games

Physical Fitness Activities
Circuit Training
Fitness Assessment
Jogging
Rope Jumping
Speed Walking
Aerobics
Toning Bars

GRADE 9

Team Sports
Basketball
Softball
Team Handball
Touch Football
Ultimate Frisbee
Volleyball

Lifetime Activities
Badminton
Golf
Social Dance
Ping Pong
Project Adventure
Recreational Games
Tennis

Physical Fitness Activities
Fitness Assessment
Jogging
Speed Walking
Aerobics
Weight Training
Yoga

GRADES 10-12

Dance
Ballet
Ballroom
Broadway Jazz
Cultural Dance
Dance Fitness
Hip Hop
Jazz