

General Physical Education (P.E)

Advanced P.E/Competitive Sports

Advanced P.E. & Competitive Sports is for the athlete who has the drive to compete at the highest level possible. This class is for young men and women who always try their best in everything they do, in and out of the classroom. People who take this class have fun all of the time because they put their heart into their play. This class is for those who want to learn and strive to compete to the best of their ability.

Strength Training/Fitness P.E

This class prepares students to get the most out of their bodies by increasing strength, endurance, and flexibility, leading to increased productivity through constantly varied functional movements. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing, weight lifting. This class will also cover the importance of healthy lifestyle choices such as nutrition and proper amounts of rest to reduce the chances of body fatigue and injury.

Active Lifestyle P.E

Active Lifestyle P.E. is for the student who enjoys playing games for the sake of playing, getting out, and enjoying life. This class is for those who have fun exercising with other people who feel it is a win for everyone just to be together while enjoying healthy life-long fitness activities.