**PHYSICAL EDUCATION 10 (3 or 5 credits)**

Physical Education 10 focuses on participation and the development of lifelong fitness skills. Students will engage in various activities encouraging greater knowledge, skill development and positive attitudes necessary to lead an active and healthy lifestyle. This course provides an independent learning opportunity in which students plan, develop, and track personalized fitness and activity goals. Students are challenged to complete activities in all five dimensions of physical education: games, gymnastics, individual activities, dance, and activities in alternate environments. All students in Physical Education 10 must also complete the High School ACT CPR Course. Interested students will have an opportunity to earn an additional 4 credits by completing the St. John’s Ambulance Level C First Aid with AED Course in a 3-day workshop.

**PHYSICAL EDUCATION 20 (3, 4, or 5 credits)**

*Prerequisite: Physical Education 10*

Physical Education 20 builds on the skills, knowledge and attitudes developed in Physical Education 10. It is also completed using an independent learning logbook format. There is a stronger focus on fitness development, recreational leadership, knowledge of physical education principles, and participation in lifetime activities.