

Physical Education

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Physical Education 1

Prerequisite: None
Grades: 9-12
Credit: 1 unit
Offered: Andrew Jackson, Buford,
Indian Land, Lancaster

You'll develop your personal fitness and wellness.

You'll also study proper nutrition and proper body maintenance practices and take part in activities valuable for recreation now and in the future. You may focus on activities such as badminton, volleyball, soccer, tennis, aerobics or football.

One unit of physical education or JROTC is required for graduation.

Physical Education 2

Prerequisite: Physical Education 1
Grades: 10-12
Credit: 1 unit
Offered: Buford, Indian Land, Lancaster

If you want to build on skills you gained in Physical Education 1, take this course.

You'll focus on developing a higher performance level in sports including volleyball, soccer, tennis, aerobics, football or badminton.

Physical Education - Weightlifting/Track

Prerequisite: Physical Education 1
Grades: 10-12
Credit: 1 unit
Offered: Andrew Jackson, Buford,
Indian Land, Lancaster

If you're interested in improving your body strength, stamina and flexibility, this course will benefit you.

You'll follow a precise regimen of weight training, and you may work to enhance your running skills if your course has a track component.