

PHYSICAL EDUCATION COURSE SEQUENCES

FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
<i>Core Knowledge & Skills (Identify, Understand and Apply)</i>		<i>Expansion of Understanding (Analyze, Evaluate and Create)</i>	
1 Freshmen PE - Male (Y)	2 Sophomore PE (S)	Junior Leadership Training (Y)	Senior Leadership Experience (Y)
1 Freshmen PE - Female (Y)	2 Sophomore Wellness (S)	Adapted DLP/ PE Assistant (S)	Adapted DLP/ PE Assistant (S)
		Sport Specific Training (S)	Sport Specific Training (S)
		Advanced Lifeguard Training (S)	Advanced Lifeguard Training (S)
		Dance Choreography and Somatics (S)	Dance Choreography and Somatics (S)
		Healthy Lifestyles and Fitness (Y)	Healthy Lifestyles and Fitness (Y)
		Adventure Education 1 (S)	Adventure Education 1 (S)
		Adventure Education 2 (S)	Adventure Education 2 (S)
		Strength and Conditioning (S)	Strength and Conditioning (S)
		Competitive Sports and Fitness (S)	Competitive Sports and Fitness (S)
		Dance Performance (S)	Dance Performance (S)
		Early Bird Fitness (S)	Early Bird Fitness (S)
		Fusion Fitness (S)	Fusion Fitness (S)
		Global Dance (S)	Global Dance (S)
		1 Martial Arts (S)	1 Martial Arts (S)
		2 Martial Arts (S)	2 Martial Arts (S)
		PE Blender- Female (S)	PE Blender- Female (S)
		PE Blender- Coed (S)	PE Blender- Coed (S)
		Sports Officiating (S)	Sports Officiating (S)
		* Intro to Sports Medicine (S)*	* Intro to Sports Medicine (S)*
		Driver's Education (S)	Driver's Education (S)

* Elective (Y) Year-long course (S) Semester Course

Physical Education, Wellness & Driver's Education Department
Evanston Township High School

