

**What Physical
Education
Class
Should I
Take?**



ARAPAHOE P.E.

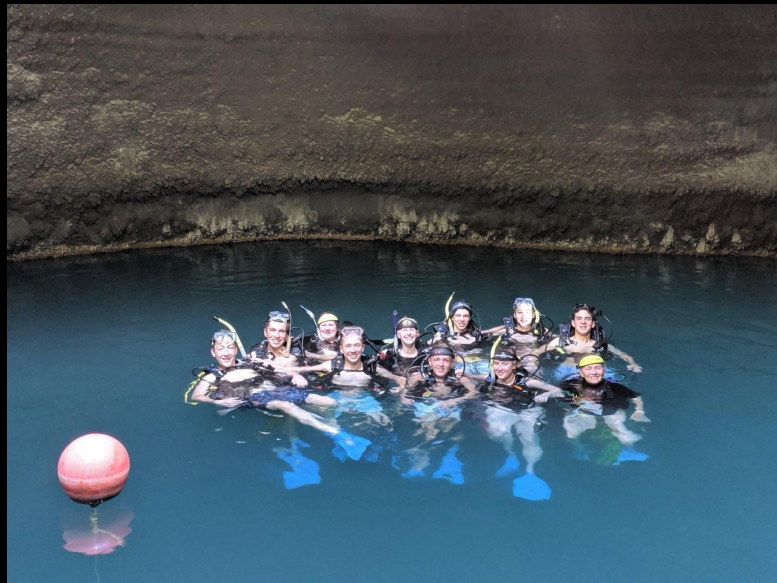
Graduation Requirements

- **1.5 Semester Hours of Physical Education**
- **Swimming** is a requirement for graduation - to be taken Freshman year (Quarter Class - .25 credits)
- **Health** is a requirement for graduation - this class can be taken your Sophomore or Junior year (Quarter Class - .25 credits)

AQUATICS



- Swimming - single gender offered
- Lifeguard Training with First Aid/CPR/AED
- Scuba Diving - Independent Study - see Mrs. Bradley
- Lifeguarding - Independent Study - see Mrs. Abner



INDIVIDUAL FITNESS

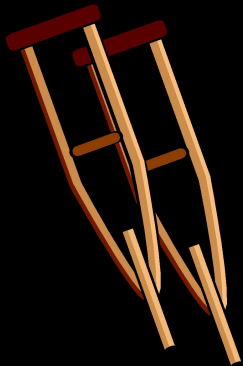
- Life Fitness
- Social Dance
- Weight Training
- Advanced Weight Training (instructor approval)
- Yoga





ATHLETIC TRAINING

Sports Medicine
(grades 10-12 -
instructor approval)



ACTIVITY CLASSES

- Recreational Games
- Innovative Fitness - Adaptive



Helpful Information

9th	10th	11th	12th
SWIMMING Innovative Fitness Life Fitness Lifeguard Training Recreational Games Social Dance Weight Training	ALL 9th Grade Classes, plus: HEALTH Advanced Weights Sports Medicine	ALL 9th Grade Classes, plus: OR HEALTH Advanced Weights Scuba Sports Medicine	ALL 9th Grade Classes, plus: Advanced Weights Scuba Sports Medicine Yoga

Helpful Information

Quarter Long Classes .25 Credits	Semester Long Classes .5 Credits
<p data-bbox="614 568 850 611">SWIMMING</p> <p data-bbox="645 672 819 711">HEALTH</p> <p data-bbox="614 775 850 813">Life Fitness</p> <p data-bbox="525 875 938 913">Recreational Games</p> <p data-bbox="598 978 865 1016">Social Dance</p> <p data-bbox="680 1078 784 1116">Yoga</p> <p data-bbox="568 1180 896 1219">Sports Medicine</p>	<p data-bbox="1085 572 1472 611">Advanced Weights</p> <p data-bbox="1089 672 1468 711">Innovative Fitness</p> <p data-bbox="1089 775 1468 813">Lifeguard Training</p> <p data-bbox="1213 875 1344 913">Scuba</p> <p data-bbox="1116 978 1441 1016">Weight Training</p>

QUESTIONS?

WHAT AHS PE LOOKS LIKE