

<b>Department</b>	Physical Education (PE) <b>Grade Level</b>	HS (9-12)
<b>Course Title</b>	General Physical Education (PE) - Semester 1 <b>Requirement Equivalent</b>	One Semester of Credit

**Course Description** ([\*ISBE Course Description\*](#))

08001A000 - Physical Education: Physical Education courses provide students with knowledge, experience, and an opportunity to develop skills in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, and fitness/conditioning activities.

**Units of Study**

- CPR
- Golf
- LaCrosse
- Pickleball
- Badminton
- Tennis
- Ultimate Frisbee
- Volleyball

- Basketball
- Team Handball
- In-Door Soccer
- Wiffle Ball
- Heart Fitness Activities (HR Wands)