

Department	Physical Education (PE)	Grade Level	HS (Grades 9-12)
Course Title	General Physical Education (PE) - Semester 2	Requirement Equivalent	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
- Pickleball
- LaCrosse
- Golf
- Badminton
- Tennis
- Ultimate Frisbee
- Volleyball
- Basketball
- Team Handball
- In-Door Soccer
- Wiffle Ball
- Heart Fitness Activities (HR Wands)