

# **Granger HS - 9<sup>th</sup> Grade Physical Education** **(Participation Skills)**

This course equips students for college and career readiness through the design and execution of diverse exercise programs. Emphasizing competency in lifetime activities and responsible behavior, students gain a deep understanding of key concepts for successful physical activity participation. The course fosters self-expression, embraces challenges, encourages social interaction, and promotes enjoyment in physical pursuits.