

GRANGER PHYS ED CLASS SELECTION

What class works for you? You will need 1.5 credits of PE to Graduate. All Classes are semester courses

Classes that can be take before Fitness for Life:

9th Grade Participation Skills, Swimming 1, Swimming 2, Aqua Aerobic, and Aerobics



Fitness for Life

Required for Graduation. Semester Course must be taken before Lifetime Activities and Weight Training.



LIFETIME ACTIVITIES

Lifetime Activities is the PE class that participates in different sports and activities. You must pass Fitness for Life to take this class.



Weights 1 and Weights 2

Students have to have passed Fitness for Life to take weight lifting. Weights 1 is Boys and Girls Weights 2 is Girls Only.

