



Physical Education

The goals of High School District 211's physical education program are to:

1. Develop physically educated students;
2. Assist students in the development of appropriate social and behavioral skills;
3. Provide students with skill instruction in sport and life-long activities.

At the freshman level, three required units of instruction are offered: fitness, swimming, and group dynamics. Additional units that are offered based upon student abilities, interest, and facilities are: volleyball, gymnastics, track, wrestling, dance, basketball, softball, soccer, badminton, pickleball, and weight training.

At the sophomore level, three required units of instruction are offered: swimming, fitness, and volleyball. Additional units of instruction are: gymnastics, basketball, soccer, tennis, badminton, dance, flag football, and team handball.

At the junior and senior levels, students have a choice from several courses. Students may select from the following full-year courses: Strength and Conditioning, Aerobics, Dance, or Adventure Education. Activity classes also may be chosen from a list of 28 approved activities. These activities include, but are not limited to: water games, fitness, volleyball, basketball, team handball, tennis, flag football, badminton, soccer, softball, and adventure education.



Physical Education Course Codes

P111 Integrated P.E.	P415 Advanced Soccer Female	P334 Strength & Conditioning Coed	P361 Adventure Education
P112 Adapted P.E. Year Long	P355 Dance 1	P335 Strength & Conditioning Female	P362 Advanced Adventure Education
P113 P.E. 1 Male	P356 Dance 2	P345 Stay Fit For Life Female	P349 American Adventure
P114 P.E. 1 Coed	P456 Dance 3	P348 Intro to Cardio Fitness	P313 Jr./Sr. Traditional Boys
P115 P.E. 1 Female	P218 Soph Leaders	P433 Advanced Strength & Conditioning Male	P314 Jr./Sr. Traditional Coed
P213 P.E. 2 Male	P318 Leadership (Training)	P434 Advanced Strength & Conditioning Coed	P315 Jr./Sr. Traditional Girls
P214 P.E. 2 Coed	P418 Leadership (Practicum)	P435 Advanced Strength & Conditioning Female	P327 Jr./Sr. Yoga Female
P215 P.E. 2 Female	P251 Life Guard Training	P443 Specialty Weights 1	P423 Jr./Sr. Extreme Fitness Male
P223 Weight Training Male	P351 Life Guard Training	P444 Specialty Weights 2 (Coed)	P373 Raquet & Net Games
P224 Weight Training Coed	P323 Advanced Aquatic Training Male	P445 Specialty Weights 3	P374 Raquet & Net Games
P225 Weight Training Female	P324 Advanced Aquatic Training Coed	P333 Strength & Conditioning Male	P375 Raquet & Net Games
P413 Advanced Soccer Male	P325 Advanced Aquatic Training Female		
P414 Advanced Soccer Coed		P354 Advanced Basketball	