

9th

10th

11th

Physical Fitness 1

Introduction to Exercise  
Learn how to workout safely  
through weight training, cardio,  
circuits, sports/activities, etc.

Body Conditioning 1

Improve your total body fitness  
through a variety of activities such  
as running, jogging, cycling, circuit  
training, light weight training, etc.

Body Conditioning 2

Weight Training 1

Improve your muscular strength  
and endurance through  
progressive resistance training  
using a variety of weightlifting  
equipment.

Weight Training 2

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Other PE  
Electives

Team Sports

Individual & Dual  
Sports