

- *Physical Life Skills*

Physical Education

Physical Education is primarily devoted to team sports and skill development with an emphasis placed on fitness and personal wellness. Game/activity participation, advanced strategies and rules are focused on and are major parts of the curriculum. There is also time spent on some individual/lifetime activities and sports that will contribute to the cadets' lifelong fitness and overall wellness. Classes are co-ed. A change of clothes is required in order to participate. A student will earn .5 credits upon successful completion of this course. Four years of PE is required and a minimum of 2 credits earned is needed for graduation.

Health Education

This course fulfills the New York State mandate and includes many of the relevant issues of the time. Included are mental health and stress, death education, family life, drug education, and AIDS education. A student will earn .5 credits upon successful completion of this course.