

GRADUATION REQUIREMENTS

The state of Wisconsin mandates that a student must earn the following for graduation:

- .5 credit of health education
- a minimum of 1.5 credits in physical education

The state law also mandates a student must be enrolled in physical education freshman through junior year with senior year being elective. Medical and religious reasons are the only basis for exempting students from physical education.

CURRICULUM

Freshman year: 1 semester of health education, 1 semester of PE / Swim
Sophomore year: 1 semester of PE
Junior year: 1 semester of PE
Senior year: elective

CURRICULUM

FRESHMAN

Cooperative games
Dance
Basketball
Cricket
Football
Soccer
Softball
Team Handball
Volleyball

Wellness center
Intro
5 components
of fitness

Snow tubing

SOPHOMORE

cooperative games
dance
bowling
badminton
floor hockey
golf
table tennis
tennis
ultimate frisbee

wellness center
mindfulness
nutrition
circuits

snow shoes

JUNIOR/SENIOR

cooperative games
dance
archery
fishing
juggling
orienteering
pickleball
ropes and challenge
self defense
team handball

wellness center
programs
personal training

cross country ski

SWIM

Cooperative games
CPR and first aid
Sexual violence prevention
Small craft – canoe, kayaking, rowing, sailing
Snorkeling
Water exercise
Water polo

Guard start – semester 1
Basic water safety – semester 2