D86 Physical Education, Health, Dr. Ed Program Mission

We strive to develop students who thrive physically, mentally, socially, and emotionally by cultivating vitality in order to pursue their life goals both passionately and successfully. We provide a sequential curriculum by which students apply the skills and knowledge necessary to confidently lead a safe, healthy, and active lifestyle.

Physical Education, Health, Dr. Ed Program - Data Reviewed

- PHD SWOT Analysis
- Rearrange course offerings in physical education > low enrollment
- Gather data on course offerings that include student voice and align with real life current trends
- Reviewed local school districts sequencing with 9th and 10th grade having a set curriculum and 11th and 12th grade having electives
- Collected data from sender schools on when health education was being taught. Data assisted in making the decision to keep health education sophomore year

Physical Education, Health, Dr. Ed Program - Proposed Sequence

Physical Education Courses	Grade 9	Grade 10	Grade 11	Grade 12	Prerequisites
Freshmen Physical Education	X				
Sophomore Physical Education 1		X			
Sophomore PE 2 - Leadership		X			
Electives - PE 3/4					
Adaptive PE	X	X	X	X	
Adaptive PE Peer Leaders			X	X	Application process
Aquatics			X	X	
Group Exercise			X	X	
Personal Fitness			X	X	
Strength & Conditioning			X	X	
Lifetime Activities			X	X	
Team Sports			X	X	
Tumbling			X	X	
Outdoor Education			X	X	
Lifeguarding CPR/AED		X	X	X	Sophomore in PE Leadership Program
Driver Education	X	X	X	X	Freshmen 2nd semester if 15 years of age
Health Education		X	X	X	
Introduction to Sportsmedicine			X	X	Health Education