

# Physical Education

## **PE 1604**

This class satisfies the required PE credit for graduation.

## **Cheerleading 1550**

This class is for those that are a current cheerleader at SSSH based on tryouts in the previous year.

## **Predrill 1603**

The pre-drill classes are designed for any young woman interested in auditioning for the Blue Blazes dance team. Dance skills including but not limited to high kick, jazz, and various other styles will be taught in the pre-drill classes. There is a fee for this class, as dance attire and shoes will need to be purchased. There are also a few commitments outside the regular school day as well. Due to space and class periods, enrollment in this class is limited to only those seriously considering auditioning for the team. Only if a student auditions for Blue Blazes and is NOT selected for the team, will she be allowed to repeat the class the next year in preparation of auditioning again.

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## **Athletics**

The classes listed below are limited to those that complete required physicals and attend all after school tryouts and practices.

<b>Girls</b>	<b>Boys</b>
Volleyball 9-12	Football 9-12
Basketball 9-12	Basketball 9-12
Softball 9-12	Baseball 10-12
Cross Country 9-12	Cross Country 9-12
Soccer 9-12	Soccer 9-12
Tennis 9-12	Tennis 9-12
Golf 9-12	Golf 9-12
Athletic Trainer 9-12	Athletic Trainer 9-12

The following activities are offered after school and not as a class and therefore do not satisfy a PE credit:

Track – Boys and Girls 9-12

Powerlifting – Boys and Girls 9-12

Baseball – Boys 9

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The following Fine Arts classes satisfies a PE half credit for every fall semester enrolled:

Band, Drill Team and Color Guard