

PHYSICAL EDUCATION ELECTIVES

Get Active, Stay Healthy!



About Our Courses

Our Physical Education elective courses are designed to promote lifelong fitness and well-being. Each course focuses on building healthy exercise habits through engaging activities that encourage consistent physical activity. From strength training and cardiovascular fitness to yoga and team sports, our electives offer diverse options to meet every student's interest. By fostering a positive and enjoyable exercise experience, we aim to equip students with the tools to maintain an active lifestyle for years to come.

Course Descriptions

Lifetime Fitness: 9th grade focuses on building a strong foundation in fitness basics while developing essential skills for lifelong physical activity and overall wellness. (9th grade)

Wellness Walking: emphasizes fitness fundamentals through consistent participation in a walking program, promoting cardiovascular health and overall well-being. (9th grade)

Physical Education: focuses on developing personal fitness by engaging students in a variety of lifelong fitness activities that promote long-term health and wellness. (10-12th grade)

Advanced Physical Education: emphasizes fitness challenges, competitive sports, and the development of offensive and defensive strategies to enhance athletic skills and teamwork. (10-12th grade)

Stress & Tension: focuses on utilizing yoga, meditation, and other stress-relieving techniques to promote relaxation, mental clarity, and overall well-being. (10-12th grade)

Personal Fitness: serves as an introduction to weight training and conditioning exercises, helping students build strength, improve fitness, and develop a solid foundation for physical wellness. (10-12th grade)

Athletic Conditioning: features a moderate to high-intensity weight training and conditioning program designed to help students become bigger, faster, and stronger while enhancing their athletic performance. (10-12th grade)

First Aid & Safety: provides essential skills and knowledge in emergency response, including basic first aid, CPR, and injury prevention techniques to ensure personal and community safety. (10-12th grade)

GRADUATION REQUIREMENTS

At Oxford Area High School, students are required to earn 1.5 health and physical education credits for graduation. This includes 0.5 credits from health, 0.5 credits from either Lifetime Fitness or Wellness Walking, and 0.5 credits from any of the other available PE courses. First Aid and Safety does not count toward the 1.5 Health & PE graduation credits, but can be taken as a regular elective credit. Physical education elective courses can be taken multiple times and count as general elective credits. A minimum of 10 elective credits are required to graduate.