**Hamilton Academies/PE Course Sequence**

CUSD requires 1 Physical Education or Academies credit **and** ½ Health credit for Graduation.

**Physical Education**

**Intro to PE**

 **Male Locker**

9-12

Weight Training

10-12

**Lifeguard Training** 10-12

**Yoga Fitness**

10-12

**Intro to PE**

**Female Locker**

9-12

**Academies**

**Freshmen Football**

**(2 periods)**

**Boys Golf**

**9-12**

**Girls Golf**

**9-12**

**Boys Soccer**

**9-12**

**Girls Soccer**

**9-12**

**Boys Tennis**

**9-12**

**Girls Volleyball**

**9-10**

**Boys/Girls Swimming**

**9-12**

**Girls Tennis**

**9-12**

**Body Conditioning**

10-12

**or**

 - **A**

**Athletic Lockers**

**For team members only**

**Varsity Spiritline**

**Pom/Cheer**

**9-12**

**Athletic Locker**

**Boys**

**10-12**

**Athletic Locker**

**Girls**

**10-12**

**Yoga Fitness**

10-12