

Clayton High School Health and Physical Education

Sarah Gietschier-Hartman | Dave Brechin | Josh McMillian

Physical Education Courses for Freshmen

To graduate, students must complete 1 credit of PE. This is equivalent to two courses. Students can exceed this credit, and many do!

Freshmen have the opportunity to choose from two PE courses!

Fit for Life	.5 credit	This class can only be taken once. It is only open to 9th graders.
Introduction to Strength and Endurance	.5 credit	This class can only be taken once. Any grade level can take this class.

Physical Education Courses for Freshmen

Fit for Life

In this course, students will focus on answering the question, "What makes physical activity meaningful to you?" by participating in a wide-variety of fitness activities, games, and sports designed to help them maintain or improve a health-enhancing level of fitness.

Introduction to Strength and Endurance

This course is a great fit for students who want to develop their competence and confidence in a weight room. Students will learn the fundamentals of weight training and lift during the school day.

Physical activity experiences are meaningful when they are fun, enjoyable, and memorable. Physical activities should offer us an appropriate level of challenge so we can struggle a little bit and experience lots of success.

Do you feel healthier, faster, or stronger? More creative? In a better mood? It's time to discover how and why physical activity is meaningful and enjoyable to YOU. OTHER What makes physical activity meaningful to you?

FUN

SOCIALIZATIO

RELEVANT

CHALLENGE

COMPETENC

Physical activities are meaningful when we recognize the purpose, importance, and value of the activities, and think about how they connect to our current life and future goals.

When we become more skilled at a particular activity, our confidence grows and we are more likely to continue trying it again and again.

Physical activity experiences are more meaningful when we are active with others.

Other Physical Education Courses

For Sophomores, Juniors, and Seniors

Introduction to Strength and Endurance	.5 credit	This class can only be taken once.
Strength and Endurance	.5 credit	
Greyhound Fitness	.5 credit	for CHS Student-Athletes
Team Sports and Games	.5 credit	
Lifetime and Recreational Sports	.5 credit	
Walking Fitness NEW!	.5 credit	New in 2025-2026.
Independent Study: Personal Fitness	.5 credit	Dept Approval 11th & 12th Only

Students can exceed their credits in P.E. and take as many classes as they want!

Health Education

To graduate, students must complete .5 credit of Health.

The Healthy Decisions course covers these topics:

Dimensions of Wellness	Nutrition	Basic First Aid	Mental Wellness	Relationships
Sleep	Blood/Organ Donation	Addiction	NEW! Digital Wellness	Sexual Health

Students take Healthy Decisions in 10th grade.

Our Facilities

- Stuber Gym
- **Health Classroom**
- **Shaw Park**

Adzick Field

The multi-sport field opened in 2020 and is used by PE, field hockey, softball, and baseball.

Center of Clayton Courts 3 & 4

This space is reserved for PE classes during the day. New flooring was installed in August 2019.

Center of Clayton Weight Room

This space was renovated in 2020 and is used exclusively by students and student-athletes.



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Sarah Gietschier-Hartman, Department Chair sarahhartman@claytonschools.net | 314.854.6671