

# Welcome!



## Clayton High School Health and Physical Education

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# 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.



# 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 <b>NEW!</b>	.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	<b>NEW!</b> 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.*



# Clayton High School Health and Physical Education

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