

Welcome!



Clayton High School Health and Physical Education

Sarah Gietschier-Hartman, Department Chair

Health Education Courses

Our sequence of health education courses includes:

9th Grade: Choosing Wellness

Units: Sleep, Consumer and Media Literacy, Alcohol, E-cigarettes/Vaping, Home and Fire Safety, and Basic First Aid.

10th Grade: Healthy Decisions

Units: Nutrition, Mental Wellness, Relationships, Sexual Health, and Drugs.

Students take both courses to fulfill the requirement for graduation.

Physical Education Courses

Students take at least four PE classes to fulfill the requirement for graduation.

All 9th Grade students take Fit for Life 1.

In this course, students participate in a wide-variety of fitness activities, games, and sports designed to help them maintain or improve a health-enhancing level of fitness.

All health and physical education courses meet every other day for a semester each.

Physical Education Courses

Students in 10th, 11th, and 12th Grade have the opportunity to choose from seven different PE courses:

- *Fit for Life 2*
- *Introduction to Strength & Endurance*
- *Strength & Endurance*
- *Greyhound Fitness*
- *Team Sports and Games*
- *Lifetime and Recreational Sports*
- *Independent Study: Personal Fitness*

New Construction!

Center of Clayton Courts 3 & 4

New rubber flooring was installed in August 2019.

New Construction!

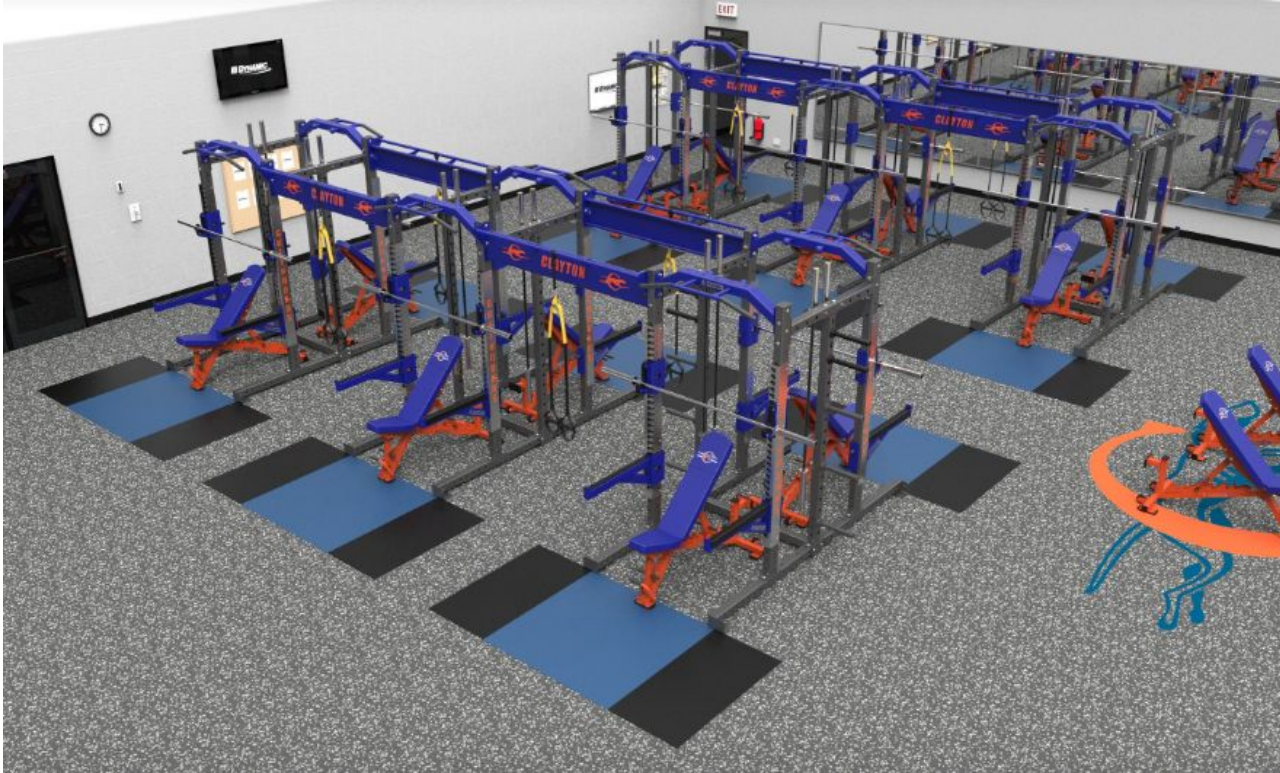
Adzick Field *(multi-sport field for PE, field hockey, softball, and baseball)*
Tentative Completion Date: March 6, 2020



New Construction!

Center of Clayton Weight Room *(exclusively for PE and athletics)*

Tentative Start/Completion Dates: Spring Break — May 2020





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