



Health, PE
and
Dance

9th Grade Electives

Course Selections
2024-2025
School Year

Severna Park
High School

Foundations of Walking Wellness	Foundations of Soccer-Spring Only
Walking Wellness 2-4*- Spring Only	Foundations of Volleyball- Spring Only
Unified PE and Leadership 1-4	Foundations of Lifetime Sports- Fall Only
Foundations of Strength and Conditioning	Foundations of Personal Fitness
Strength and Conditioning 2-4*-Spring Only	Personal Fitness 2-4*-Spring Only
Foundations of Team Sports	Stretch Your Wellness-Fall Only
Team Sports 2-4*-Spring Only	Stretch Flow and Restore-Spring Only
Foundations of Basketball	Foundations of Dance
Team Sports Basketball 2-4*-Spring Only	Dance 2-4*
Foundations of Football- Fall Only	Dance Company^-- Full Year

* Previous Course Required

^Audition Required

9th Grade Electives

Fitness for Life- Graduation
Requirement

Physical Education Graduation
Requirements—1 Credit •
Fitness for Life (0.5 credit) •
Physical Education or Dance
Elective (0.5 credit)

Click Link Below for
Program Description

Physical Education

Health Education

Dance Education



Health, PE and Dance

Upper Level Electives 9th-11th

Course Selections
2024-2025
School Year

Severna Park
High School

Foundations of Walking Wellness	Team Sports Football 2-4* Fall Only
Walking Wellness 2-4*- Spring Only	Foundations of Lifetime Sports- Fall Only
Unified PE and Leadership 1-4	Lifetime Sports 2-4*- Fall Only
Foundations of Strength and Conditioning	Foundations of Personal Fitness
Strength and Conditioning 2-4*	Personal Fitness 2-4*-Spring Only
Foundations of Team Sports	Foundations of Soccer-Spring Only
Team Sports 2-4*	Team Sports Soccer 2-4*-Spring Only
Foundations of Basketball	Foundations of Volleyball- Spring Only
Team Sports Basketball 2-4*	Team Sports Volleyball 2-4*-Spring Only
Foundations of Football- Fall Only	Fitness for Life- Graduation Requirement

* Previous Course Required

^Audition Required

Upper Level Electives

Click Link Below for
Program Description

Physical Education

Health Education

Dance Education

Stretch Your Wellness-Fall Only	Health A
Stretch Flow and Restore-Spring Only	Health B
Foundations of Dance	Sports Medicine
Dance 2-4*	

Physical Education Graduation
Requirements—1 Credit •
Fitness for Life (0.5 credit) •
Physical Education or Dance
Elective (0.5 credit)

Health Graduation
Requirement—1.0 Credit*