

Maine South Physical Education and Health Courses 2020 - 2021

Grade 9

* Physical Education

Grade 10

Physical Education

Health

Grade 11

Adventure Education

Group Fitness

Junior Leaders:
Application Only

Martial Arts

Junior and Senior
Fitness and Sport

Total Body
Conditioning

Yoga

Grade 12

Adventure Education

Group Fitness

Senior Leaders:
Must complete Junior
Leaders to be Eligible

Martial Arts

Junior and Senior
Fitness and Sport

Total Body
Conditioning

Yoga

* Full Year Course