



Physical Education Courses

CREDIT	COURSE	COURSE TITLE	PREREQUISITE	OFFERED
FITNESS FOCUS CLASSES (A)- 0.5 CREDIT REQUIRED FOR PHYSICAL EDUCATION				
.5	6700	The Mix A	None	9-12
.5	6702	Sports Fit A	None	9-12
.5	6704	Strength Fit A	None	9-12
.5	6706 T6706	Yoga Fit A Yoga Fit A, Tonka Online	None	9-12
.5	T6798	Fitness A, Tonka Online Select Term: T6798S / T6798F / T6798W	None; Tonka Online fees apply for summer.	9-12
.5	6705	Lifetime Sports & Activities A	None	9-12
WELLNESS FOCUS CLASSES (B) - 0.5 CREDIT REQUIRED FOR PHYSICAL EDUCATION				
.5	6714	Body-Mind Rejuvenation B	One Fitness A Course	9-12
.5	T6799	Wellness Program B, Tonka Online Select Term: T6799S / T6799F / T6799W	One Fitness A Course; Tonka Online fees apply for summer.	9-12
.5	6708	Team and Dual Sports B	One Fitness A Course	9-12
.5	6716	Dance B	One Fitness A Course	9-12
.5	6718	Peak Performance B	One Fitness A Course	9-12
.5	6712	The Mix B	One Fitness A Course	9-12
.5	6720	Unified Physical Education B	None	10-12
ELECTIVES - PHYSICAL EDUCATION ELECTIVE CLASSES (E) (These courses do not count toward the 1.0 P.E. requirement)				
.5	6710	Team and Dual Sports II E	Students should have successfully completed both required PE courses.	9-12
.5	6722	Outdoor Experience E	Students should have successfully completed both required PE courses.	11-12