

PE/HEALTH

**Click on Course Name to open/close course description box.

Freshman

*Freshmen PE

Sophomore

*Sophomore PE

*Health Education

**Survival Swimming

Junior

**Survival Swimming

Dance 1

Theatre Dance

Lifetime Sports and Wellness

Competitive Team Sports and Fitness

Adventure Education 1

Adventure Education 2

Strength and Conditioning

Group Fitness

Junior Leader Program

Yoga & Fitness

Senior

**Survival Swimming

Dance 1

Theatre Dance

Lifetime Sports and Wellness

Competitive Team Sports and Fitness

Adventure Education 1

Adventure Education 2

Strength and Conditioning


Group Fitness

Senior Leader Program

Yoga & Fitness

*Freshmen participate in a year-long schedule, while sophomores have one semester of Health and one semester of Physical Education.

**Survival Swimming is recommended for sophomore year for any freshman who failed the aquatic proficiency test, or any sophomore, junior, or senior student new to Maine East. It may be repeated again as a junior or senior, if necessary. A Survival Swimming (Female Only) section is also offered for those with religious or cultural needs.

 Semester-long course