

Greenway Physical Education

Interesting! Fun! Challenging!

The Greenway Physical Education Department cordially invites you to read the following information. Ask your counselor how one of the following classes might fit into your schedule as a **sophomore, junior or senior**.



Advanced Physical Education: (1 or 2 semesters)

Students participate in a varied menu of sports, activities and improve upon their skill levels as they participate. Students are given the option to decide which activities to participate in.

Activity Options – Badminton, Gym Bowling, Flickerball, Pickleball, Dodgeball, Capture the Flag, Football, Speedway, Ultimate Frisbee, Soccer, Racquetball, Tennis, Court Hockey, Basketball and Volleyball.

Systematic Conditioning: (1 or 2 semesters)

This class involves total body conditioning. Weight training, aerobic activity, and stretching are all essential parts of this course. You will also develop a fitness program that fulfills your needs.

- Body systems and nutrition will be discussed in this class.
- Separate classes are offered for young men and women.
- Two day a week are conditioning days in which you have the option to participate in the same activities as Advanced PE.

