

# Physical Education Requirements

Grade 9

**All students take  
Physical Education 9 (PE 9)**

Full Year (10 Credits)

**All students participate in  
Physical Fitness Test (PFT)**

Students are expected to pass 5 of 6 PFT Areas, which include:

- Aerobic Activity
- Body Composition
- Abdominal Strength & Endurance
- Trunk Extension Strength & Flexibility
- Upper Body Strength & Endurance
- Flexibility

Grade 10

**Complete any 2 of the options below to obtain additional 10 PE credits**

Semester 1  
PE Elective

Semester 2  
PE Elective

Semester 1  
PE Elective

Semester 2  
PE Elective

Semester 1  
PE Elective

Semester 2  
PE Elective

Fall  
Sport

Winter  
Sport

Spring  
Sport

Fall  
Sport

Winter  
Sport

Spring  
Sport

Pass

**Must enroll in Grade 10**

Semester 1  
PE Elective

Semester 2  
PE Elective

Did  
Not  
Pass

- Students will have the opportunity to retake the portions of the Physical Fitness Test which they failed on the first try. Should a student pass the testing components resulting in the overall 5 out of 6 passing score, they may obtain PE credits by completing 2 of the options above