



2026-2027

9th-10th Health and Nutrition

Thrive: Health and Physical Education

“Fulfilling high school P.E. requirements can be difficult when your teen isn't "sporty" or simply doesn't have time for a rigorous sports schedule. A school year involving nightly practices, weekend soccer games, or early morning swim meets isn't the only way to get that physical education credit.”

This class will teach why physical activity is important for them as well as showing how to make good choices for their health. Your teen will learn about how God made their body to function, the importance of sleep, hydration and nutrition, how to exercise safely, and so much more!

Class size: 8 minimum, 15 maximum

Required Textbooks: No Textbook

School Supply list: coming soon

Instructor:

Cost: \$380

