



DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

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School year

2023 - 2024

Course Description

The Lifetime Sports (semester) course is designed to enable students in to develop the movement skills and conceptual knowledge for lifetime sports participation. Lifetime sports are those sports and physical activities that people of all ages and all levels of ability can participate in and enjoy whether they are organized for individual, dual or team participation. Students will set personal skill development goals in a few lifetime sports and learn the process of specialized lifetime sport skill development for continued learning, participation and enjoyment. Course Note: This course satisfies the Physical Education (.50 credits Lifetime Sports) graduation requirement.

Course Number

PEL301

Subject

Physical Education

Grade Levels

10th

11th

12th

School Level

High

Academic Level

Regular

Credits

0.50

Course Length

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