

Unified Physical Education Recreational Activities

Unified Physical Education Recreational Activities places emphasis on the opportunity for students of all abilities to participate together through ongoing educational and physical activities. Additionally, the course supports the development of student leadership skills and empowers students to foster an inclusive environment in a variety of recreational movement activities. Student learning outcomes emphasize motor skills, anatomical basis of movement, fitness planning, social and emotional development, and energy balance to support healthy living. This course may be taken more than once for credit.

Credits 1

Grades

9, 10, 11, 12

Schools

Battlefield High School

Brentsville District High School

Colgan High School

Forest Park High School

Gainesville High School

Hylton High School

Osborn Park High School

Patriot High School

Potomac High School

Unity Reed High School

Woodbridge High School

Requirements

Students electing to use Unified PE as a substitution for their physical education graduation requirement must enroll in the full-year health course in tenth grade. The health course will include ninth and tenth grade health, CPR, and Family Life Education. In-person courses will include Driver Education, however, if a school does not have the minimum enrollment to support an in-person health course, students will be enrolled in a virtual course. The virtual course will not include Driver Education and students will need to enroll in classroom driver education outside of Prince William County Public Schools.

Prerequisites

[Health and Physical Education 1](#) **and** [Health and Physical Education 2](#) **and/or** recommendation from the department chairperson **or** the supervising teacher