



# *Sterling High School*

***Course Name:* HERO**

***Department:* Physical Education**

***Teacher:* Mr. Bedore**

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***Prerequisites:* none**

***Additional Required Materials:* gym clothes and athletic shoes**

***Course Description:*** This course will contain both physical education as well as health education. Health education will cover a variety of topics that will deal with the overall wellness of an individual. Physical health, emotional health, mental health, and social health will be discussed in class. Physical education will involve participation in a wide variety of activities.