



# *Sterling High School*

***Course Name: Lifetime Activities***

***Department: Physical Education***

***Teacher: Mr. Bedore***

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**Prerequisites:** HERO

**Additional Required Materials:** Gym Clothes, athletic shoes, and some activities will require money

**Course Description:** This course will explore a variety of activities to help and encourage an individual to be physically active throughout their life. This is a new course for the school year of 2006-2007. The activities that will be covered will range from volleyball, bowling, golf, tennis, softball, and many others. This is a class that is based on participation and attitude