

NOTE: Beginning July 1, 2020, **Independent Physical Education will no longer be offered as a class. Instead, students will have the opportunity to take a newly offered class called **MascoFIT**. Enrollment preference will be given to students in grades 11 and 12.**

MascoFIT

Semester Course – 1.0 credit

MascoFIT is a semester-long class that meets once a cycle during homeroom. Students will participate in fitness activities and challenges that will enhance their overall wellness. Students reflect on their experiences and log their progress online.