

9TH GRADE PERSONAL FITNESS

- Components of Fitness
- Cardio Respiratory Endurance
- Flexibility
- Muscular Strength
- Muscular Endurance
- Team Sports
- Individual Sports
- CPR
- AIDS EDUCATION
- SHARE WITH A PEER (“SWAP”)



CORE PHYSICAL EDUCATION

PERSONAL FITNESS II

YOGA

YOGA II

DANCE

STRESS MANAGEMENT

SPORTS MEDICINE

PHYSIOLOGY OF EXERCISE

INTRODUCTION TO MEDICAL ASPECTS

OUTDOOR EDUCATION

HEALTH EDUCATION



PHYSICAL EDUCATION - GRADES 10 - 12

HERRICKS HIGH SCHOOL ATHLETICS



HIGH SCHOOL SPORTS SEASONS

FALL

BOYS BADMINTON

CHEERLEADING

BOYS & GIRLS CROSS COUNTRY

FOOTBALL

BOYS GOLF

BOYS & GIRLS SOCCER

GIRLS SWIMMING

GIRLS TENNIS

BOYS & GIRLS VOLLEYBALL

WINTER

BOYS & GIRLS BASKETBALL

BOYS & GIRLS BOWLING

BOYS & GIRLS FENCING

CHEERLEADING

BOYS SWIMMING

BOYS & GIRLS WINTER

TRACK

WRESTLING

SPRING

BASEBALL

GIRLS BADMINTON

GIRLS GOLF

BOYS & GIRLS LACROSSE

SOFTBALL

BOYS TENNIS

BOYS & GIRLS SPRING TRACK





- ⇒ 100 Athletes Recognized by Nassau County
 - ⇒ N.Y. State Competitors
 - ⇒ 26 Scholar Athlete Teams
 - ⇒ Post Season Appearances
- ⇒ Numerous Graduates Playing a Sport in College
 - ⇒ High # of Senior Three Sport Athletes



SPORTS TEAM AWARDS

