Physical Education & Physical Activity
Preparing students for lifelong fitness

JFK prepares students to meet lifelong fitness goals by offering a wide range of physical activities for students to enjoy. Whether learning the functions of muscles during “Bodyworks” class or pushing through the discomfort of dancing in a group, students are challenged in mind and body to strive to the next level or discover a new physical outlet. JFK Physical Education & Athletics programming is inclusive to students regardless of gender or disability, offering Special Education Peer-to-Peer and Unified Sports programs and receiving CHASA sanctioning for an official Women’s Wrestling Team in Spring 2020.

**JFK Physical Education & Activity Offerings**

- Dance and Human Movement (Yoga)
- Lifetime Fitness
- Bodyworks
- Fitness and Conditioning
- Unified Sports /Adapted PE
  - Students with cognitive and physical disabilities are paired with JFK general education students to participate in physical education curriculum
  - Unified Sports classes travel to participate in district-wide tournaments
- Award-winning JROTC department offerings:
  - JROTC - Leadership 1, 2, 3, 4
  - Rifle Marksmanship
  - Men’s Drill
  - JROTC Leadership Honors
  - Women’s Honor Platoon

**JFK Competitive Athletics Offerings**

- Football
- Cheerleading
- Dance Team
- Cross Country
- Volleyball
- Tennis
- Swimming
- Wrestling
- Basketball
- Track & field
- Soccer
- Softball
- Baseball
- Unified Basketball

**DID YOU KNOW?**

JFK has a higher rate of participation in sport teams (52.1%) as compared to District Results (49.7%).

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