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"All seniors report to the the new gym."
" Any sophomore who has not had health, bring your cards up." Sound familiar? It's election time for gym classes. One of the few schools in the state in which students opt for electives in gym, SPFH offers many different activities. Gymnastics, dance, deck hockey, volleyball, and group leadership are among the most popular. Having students take some classes in each category, (fitness, individual, and team sports), provides a strong background in physical education.

This department is also unique in that it offers a "Cycles of Life" course for seniors as a supplement for sophomore health. This mandatory class teaches seniors about the changes and phases each individual will be facing in his life, and how to deal successfully with these changes. Through health and physical education classes, this department strives to make each student aware of his potential and individuality.