

# PHYSICAL EDUCATION & HEALTH P-12

## Checklist for Success

### FRESHMAN YEAR

- Work on completing GURs, including BIOL 101 and ENG 101.
- Brainstorm opportunities to gain experience working with youth in public secondary schools.

**TIP:** Try volunteering during after school programs, leading summer youth programs, or participating in WWU's Compass 2 Campus program!

### SOPHOMORE YEAR

- Declare a pre-major in PEH P-12.
- Finish up all remaining GURs.
- Complete HLED 151 (fall), 152 (winter), and 150 (spring).
- Take one or more of the following courses once all GURs have been completed:  
HLED 345, HLED 350, KIN 308, BIOL 348
- Fulfill the Basic Skills Requirement for Woodring College of Education by:  
Holding ACT/SAT scores in Reading, Writing, & Math OR  
Taking the WEST-B Exam

### JUNIOR YEAR

- Apply to Woodring's Secondary Education program by September 1st.
- Enroll in and complete PE 340 fall quarter.
- If you haven't already done so, enroll in and complete KIN 308 and BIOL 348 fall quarter.
- Apply for the PEH P-12 program by the second Friday of fall quarter.
- Progress through PEH P-12 course sequence.

### SENIOR YEAR

- Continue progressing through the PEH P-12 course sequence.
- Apply for 14-week student teaching internship by February 15th.
- Take and pass the Washington State Content Test (WEST-E) before beginning the student teaching internship.
- Complete the Teacher Performance Assessment (edTPA) during the student teaching internship.