

PHYSICAL EDUCATION

Grades: 9-12
Prereq: None

Credit: .5

The Physical Education curriculum has evolved into a packaging of activities that the student body will find appealing and challenging. The department offers units in various areas of physical activity. All students will be involved in units of golf, self defense, games, tae bo, ultimate frisbee, aerobics, and walking. Freshman and sophomores will choose from football, softball, soccer, tennis, indoor soccer, volleyball, basketball, weight training, swimming, racquet sports, and lacrosse. Participation is mandatory in all activities. Classes meet every other day for the entire year. Students are assessed at the end of every class using a participation based rubric grading system.

ATTENDANCE:

**A student is excused from PE class for any academic/school-sponsored event, guidance appointment, musical lesson, and medical absence recognized by a physician.

**A student will receive a zero if they are unprepared for class, cut a regularly scheduled class, or are absent.

**Each student has the potential to make up any missed classes by the end of the quarter. This may be achieved by seeing the PE teacher and making the proper arrangements. (After-school, intramurals, free periods, written assignments)

** Extra-credit is also available to any student interested in achieving a higher grade by speaking with their PE teacher and making arrangements on an individual basis.

THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS PROGRAM

**At the end of the school year following completion of the NYS Physical Fitness Test, the Physical Education Department will compile all of the fitness testing results. Awards will be given to students who meet or exceed the national standards for physical fitness.

Grades 9-11 will receive a Letter Grade based on earned points through the rubric. 12th graders will receive a Pass/Fail grade based on a numerical score earned through the rubric.

The grading rubric is indicated below.

1	2	3	4	5
<ul style="list-style-type: none"> ● Student dresses out. ● Student often arrives late. ● Student displays little/no interest in class activity. ● Student is confrontational when spoken to. ● Student does not follow directions. ● Student displays lack of respect for self/others. 	<ul style="list-style-type: none"> ● Student dresses out. ● Student often arrives late. ● Student displays little interest in class activity. ● Student rarely completes activity/game. ● Student is not receptive to feedback from teacher/peers. ● Student displays little respect for self/others. 	<ul style="list-style-type: none"> ● Student dresses out. ● Student is on time. ● Student displays interest in class activity. ● Student is cooperative and on task. ● Student is open to feedback from teacher/peers. ● Student displays respect for self/others. 	<ul style="list-style-type: none"> ● Student dresses out. ● Student is on time. ● Student displays strong interest in class activity. ● Student displays understanding of activity and application of technical concepts. ● Student welcomes feedback from teacher/peers. ● Student displays respect, maturity, and honesty for self/others. 	<ul style="list-style-type: none"> ● Student dresses out. ● Student is on time. ● Student displays strong motivation to excel. ● Student displays exceptional understanding of activity and application of technical concepts. ● Student initiates feedback from teacher/peers. ● Student displays respect, maturity, and honesty for self/others.

HEALTH
Prereq: None

Grades: 10-12
Credit: .5

Health education is an important part of the core curriculum, and is a requirement for graduation. The course work instills in students the skills and knowledge needed to examine alternatives and utilize available resources to make responsible health-related decisions. Aligned with both the National and NY State Standards of Education, the Health program focuses on teaching life-skills such as Goal Setting, communication, Advocacy, Stress-Management, and Self-Management in a Relationship. Throughout the course, students will participate in hands-on activities and projects that simulate practice situations in each of the above areas.

PERSONAL WELLNESS AND LIFE SKILLS PHYSICAL EDUCATION TRACK

Are you the type of Physical Education student who is interested in personal wellness? Do you want to learn activities you can use for a lifetime, participate in at your own skill level and feel better after you complete them? Then you need to request a Personal Wellness and Life Skills track for Physical Education next year.

This track emphasizes the skills and concepts necessary to enter adult life. Students are introduced to a wide variety of lifetime activities, individualized fitness and stress management. As a result of pursuing this curriculum, students will learn lifelong physical activities that meet their own needs. By providing opportunities to attain skills and knowledge in these areas, students will learn to be self-directed and make informed choices regarding their personal wellness. Activities that enhance total physical, mental and social well being will be offered. Opportunities for social interaction, group leadership and personal challenge will be an important part of this program, allowing for a greater sense of self-expression, personal meaning, development of a positive self-image. Technology will be used to enhance the curriculum and students will learn about it's role as a comprehensive approach to wellness and learning to coordinate physical activity, nutrition, stress management, risk avoidance and other health-enhancing activities. This track may/will include:

Yoga/Pilates/Tae Bo	Frisbee games	Dance
Weight room/fitness	Golf	Speed Stacking
Tennis/Pickleball	Walking/jogging/hiking	Archery
Volleyball/Melonball	Lawn games	Project Adventure/Cooperative Games
Badminton/Table Tennis/Box Hockey	Orienteering	Swimming/Water Aerobics (optional)
		Life Guarding (situational)

**Both Competitive and Life Skills Tracks will include the mandated activities: Beep Test, Presidents Physical Fitness Test and Mile Run

COMPETITIVE AND TEAM SPORTS PHYSICAL EDUCATION TRACK:

Are you the type of physical education student who enjoys team sports? Do you want to play competitive sports where strategy and team-work are emphasized? Then you need to request the competitive and team sports physical education track.

This track emphasizes not only team strategies and advanced concepts, but also individual skills in a variety of team sports and activities. These skills will not only be used in sports, but also throughout one's life. You will learn to demonstrate an understanding in major concepts including; offense, defense, sportsmanship and positive social behavior, all while being an integral part of a team. You will also learn how to participate in a variety of team sports and activities in a safe manner. This track also emphasizes skill development, cooperation, team-work, and competitiveness. Major areas of this track included at the High School level may include, but are not limited to the following:

Flag Football	Team Handball	Table Tennis (ping pong)
Soccer	Speedball	Pickle Ball
Lacrosse	Basketball	Pillow Hockey
Flicker Ball	Dodging/Fleeing Games	Softball/Baseball
Melon Ball	Advanced Badminton	Racquet Ball

** Both Competitive and Life Skills Tracks will include the mandated activities: Beep Test, Presidents Physical Fitness Test and Mile Run.