

Physical Education

The content of Physical Education involves the art and science of human movement. Physical Education is a multifaceted participation discipline, which focuses on individual, dual and team concepts, as related to growth and development through physical activity. Its basis is made up of activities that promote knowledge of, and skills necessary to a healthy lifestyle. This includes cooperative learning, trust, teamwork, and positive self-awareness.

Physical Education

Credit: 1/2 Unit Length: 40 Weeks

All students are required by New York State Education Law to take Physical Education for four years, receiving .5 credits per year for 2 full credits to meet graduation requirements. Physical, mental, social and emotional development are integral parts of physical education. Through the medium of Physical Education, these areas can be developed.

A wide variety of activities are offered at these levels. Team sports are included with an emphasis on individual and lifetime activities. Periodically students are given the opportunity to select these activities and they include those which are all male, all female and coed.

Participation and successful completion of the swimming unit is required for all students in grades 9 and 10. A student who is not able to participate in the normal physical education program, may have his/her program modified within the structure of the regular class. The nature of the activities is based on recommendations of the student's personal physician.

Defined areas of activity are team passing games, net/wall sports, striking/fielding sports, target sports, dance and aesthetic activities, outdoor activities, personal performance activities and fitness activities. Required dress for safety and movement: sneakers, shorts or sweatpants, t-shirt or sweatshirt.

Program objectives for grades 9-12 are to:

1. Develop higher levels of competency in skills and knowledge
2. Nurture positive attitudes toward physical fitness
3. Practice activities which will encourage appropriate behaviors
4. Gain confidence in and a sense of well-being in cooperative learning skills
5. Develop an understanding of proper nutritional habits
6. District-wide rubrics have been established for the curriculum. Areas of assessment include: effort, skill, respect, initiative, individual and team play.
7. Develop an appreciation for different sports/activities.

***NYS requires all seniors in high school to be provided instruction in hands-only CPR and the use of an AED. This instruction is required for students to successfully meet graduation requirements. If a student is absent during this instruction it must be made-up.**

PHYSICAL EDUCATION AND ATHLETES

Student-athletes are required to participate in Physical Education class in order to be eligible to practice or play in a game.

