

# 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 and cooperative games are included with an emphasis on individual and lifetime activities. Periodically students are given the opportunity to select these activities. 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.

## Lifeguarding

Credit: 1/2 Unit

Length: 20 Weeks

The purpose of the American Red Cross Lifeguarding course is to teach candidates the knowledge and skills needed to prevent and respond effectively to aquatic emergencies and prevent drownings and injuries. Successful completion requires full and active participation in all land and water skills practice. The practice sessions will require some strenuous physical activity. Students are encouraged to check with their healthcare professional before enrolling in the course.

To be eligible to receive the Red Cross Lifeguarding certification you must be 15 years of age before the last scheduled class **AND** be able to successfully demonstrate the following skills:

- Swim 300 yards continuously, using these strokes in the following order:
  - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or the front.
  - 100 yards of breaststroke using a pull, breath, kick and glide sequence.
  - 100 yards of either the front crawl or breaststroke, The 100 yards may be a combination of front crawl and breaststroke.

Note: There is no time requirement for this skill. The candidates must show only that they can swim 300 yards using the above strokes without stopping. The purpose of the swim is to demonstrate comfort in the water.

- Starting in the water
  - swim 20 yards using front crawl or breaststroke
  - surface dive 7-10 feet
  - retrieve a 10 pound object, return to the surface
  - swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds. **NO GOGGLES ALLOWED**
  - Tread water for 2 minutes with both hands out of the water.

Note: When returning to the starting point, the participants must hold the 10-pound object with both hands, placing the brick on their chest, and must keep their face above the water. The time is complete once the participant has exited the water and is standing up on the pool deck. The purpose of the timed event is to ensure that the participant demonstrates comfort in the water, along with enough speed, strength and endurance to perform a combination of basic skills that are required and built upon throughout the course.

### Certification Requirements

- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

### Certificate Issued and Validity Period

CPR/AED for the Professional Rescuer and First Aid: 2 years Lifeguarding: 2 years