HEALTH and PHYSICAL EDUCATION COURSES

To graduate: All students must successfully complete physical education each semester of each year in high school. Students participate in activities designed to promote fitness throughout life. Students are not graded on skill levels but are graded on participation, cooperation, effort and knowledge of various activities, such as soccer, touch football, track and field, tennis, golf, volleyball, basketball, softball, weight training, fitness tests, aquatics, project adventure and recreational games. Classes meet every other day. To comply with the new state mandate, all students will be provided with hands-only CPR and AED training during their HS career in order to graduate.

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<th>HEALTH</th>
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<td>½ UNIT OF CREDIT Health is designed to help the student become more aware of contemporary health related issues as they pertain to the individual, the family and society in general. Through individual and group activities, class discussion and lecture, students will become more aware of their own ideas and values as they are exposed to information that will help them make choices regarding a healthy lifestyle.</td>
<td>¼ UNIT OF CREDIT PER SEMESTER New York State requires all students to successfully complete physical education each semester of each year in high school in order to graduate. Classes meet every other day. Students must be enrolled in physical education every semester they attend public school. Students who fall behind in credit are not permitted to double up in physical education until their senior year. Opportunities for make ups including Saturday morning swim, evening high school and post session makeup are available throughout the school year. Students must demonstrate proficiency in the curriculum and are graded on participation, cooperation, effort and knowledge of lifetime fitness and various activities.</td>
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PHYSICAL EDUCATION

9th Grade Students participate in activities designed to promote health and fitness throughout life. Freshmen are introduced to skills required for various sports throughout the year including soccer, football, tennis, golf, volleyball, basketball, softball, lacrosse, badminton, table tennis, pilates, toning, weight training, fitness tests, aquatics, project adventure and recreational games. The curriculum also requires them to demonstrate proficiency for social responsibility, problem solving and cooperative activities.

10th Grade thru 12th Grade Students apply the skills acquired in 9th grade to various units of study. All 10th graders are scheduled for a three week unit in the pool. Students are given the opportunity to sign up each semester for two quarters of unit combinations offered during the Fall and Spring semesters. These units include an emphasis on improving physical fitness and developing a personal fitness plan. Activities include team sports, racket sports, lifetime fitness activities, aquatics, recreational games, project adventure activities, Life Saving, CPR/First Aid, Athletic Training, Sociology of Sport and the VC Fitness Challenge. Every unit of study concludes with an assessment. Students will demonstrate the necessary knowledge and skills to establish and maintain personal health and fitness, a safe and healthy environment, and manage personal and community resources for a healthy and productive life.

CONTRACT PHYSICAL EDUCATION Students in grade 12 may be eligible to receive credit through the Contract Physical Educational Program. The following criteria are applicable in considering eligibility for this program:

A. Students’ schedule constraints
B. Alternative Education students
C. Long term medical circumstances
D. Special circumstances as determined by the District Coordinator of Physical Education. Involvement in this program requires that students demonstrate a standard of knowledge and physical fitness in the area of Physical Education. The following are required components of the Contract Physical Education Program: Students must demonstrate an acceptable level of physical fitness and acknowledge of Physical Education activities. All applications must be reviewed and approved by the Director of Health and Physical Education prior to participation.