

Physical Education Rules and Information

7th-12th Grades – revised 8/30/12

Medical Student: In order for a student to be considered for “extended medical” release from physical education, the student must bring a note to the school nurse from their doctor stating what the student can/cannot perform in physical education (P.E.). A note from a parent (with the nurse signing off) is acceptable for one day. All students are accountable for a grade and will be required to participate in a modified physical education plan. This modified physical education plan includes, but is not limited to the following assignments: completing a P.E. article assignment, serving as a score keeper or an official for a game, and/or participating in a modified physical activity that is allowed by your doctor. Note – in the event of an “extended medical” situation where it is unsafe for the student to be in the gymnasium, the student will be enrolled in a study hall where he/she will complete a P.E. article for each day of physical education he/she is absent. The student will also be placed in a 10th period independent physical education class with the Director of P.E. whom is responsible for the student’s grade.

Make-ups: Any student that is absent from P.E. class or any student that is unable to participate in P.E. is required to make-up P.E. in order to receive credit for that day.

A regular P.E. make-up class is held

Unprepared Students: Students that are unprepared for P.E. will not receive passing credit for the day. On some occasions your P.E. teacher will allow you to participate in your school clothes, but understand that you will only receive a ½ credit.

Proper Physical Education Attire: Clean shorts, t-shirts, and/or sweat suits, socks and sneakers; be prepared for cold weather; boots or sandals are not allowed; take off jewelry during contact sports; and wear required safety equipment when necessary (mouth guards, goggles, shin guards)

Exemptions from Regular Physical Education for 10th-12th Grade Students:

Student exemptions from regular physical education are approved on a rare occasion, but all students will be required to earn physical education credit.

Independent Physical Education: If a student has a full class schedule which includes college courses and they are unable to fit a regular physical education class in their schedule then the student will participate in an independent physical education program. The student will be placed in a 10th period independent physical education class with the Director of P.E. who will be responsible for the student's grade. The independent P.E. student will meet the same requirements as a student enrolled in regular physical education.

10th-12th Grade Varsity Athlete: If a 10th-12th grade varsity student-athlete has a full class schedule which includes college courses and they are unable to fit a regular physical education class in their schedule then the student will participate in an independent physical education program. As per the Commissioner's regulations, part 135.4, this type -4(h)-14(y)16(s)-5

P.E. Credit/Graduation:

Physical Education is a required course by the New York State Education Department. As per Commissioner's Regulations: Students entering grade 9 until graduation must earn the equivalent of two units of credit in physical education to be eligible to receive a diploma. $\frac{1}{4}$ credits are earned per semester for a total of eight semesters (grades 9-12). This accumulates to 2 units of credit necessary to receive a diploma. A student, who completes all diploma requirements in fewer than eight semesters, is not required to continue enrollment in high school for the sole purpose of meeting the physical education requirements. A student may take extra physical education classes as electives but must continue to attend and participate in physical education for eight semesters or until the student meets all other requirements for graduation.

Entering/Exiting Class and Locker Room Procedures: Tell a teacher right away if you need to borrow clothes for class; you have 5 minutes to change; running in the halls or locker room is not permitted; horseplay or bullying of any kind is NOT acerm4m:

Energy Drinks: Studies show that freque