

## **Senior High School Physical Education**

### **PHYSICAL EDUCATION 9/10**

Full Year Alternate Days

#### **Course Description**

Ninth and tenth grade physical education focuses on promoting a physically active lifestyle. Students will learn about the components of fitness and nutrition while analyzing their own fitness levels through a variety of activities. Students will be introduced to yoga and weight training and will participate in new games and activities such as speedball, rugby, ultimate frisbee and frisbee golf. Students will take part in a project adventure unit along with four weeks of instruction in American Red Cross Adult CPR/AED.

### **PHYSICAL EDUCATION 11/12**

Full Year Alternate Days

#### **Course Description**

Our eleventh and twelfth grade students will have opportunities during the school year in a variety of lifetime activities. Archery, tennis, golf, volleyball, softball, backyard games and badminton are some of the activities presented to the students. Students are instructed and certified in American Red Cross CPR/AED for the Professional Rescuer.

#### **Grading and Attendance**

The following information has been reviewed with all physical education classes. For the 2010-2011 school year, physical education is now a letter grade. It is a requirement of New York State and a student must attend, dress appropriately and participate in order to receive a passing grade. Medical students are required to have a doctor's note on file and should be in constant contact with their physical education teacher. Written assignments will be given to those students who are unable to participate. Those assignments must be turned in by the end of the quarter or an Incomplete will be given as a grade. Any incomplete not made up will result in a failing grade.