

PHYSICAL EDUCATION

Physical Education

1/2 credit/ 9-12

New York State Education Law and Ardsley Union Free School District requirements mandate four years of physical education as a condition of graduation. One half (1/2) credit is received for each of the four years completed.

There are 2 two-year courses. The 9th/10th grade course addresses Standard I, Personal Health & Fitness and Standard II, Safe & Healthy Environment. The 11th/12th grade course addresses these standards also, but emphasizes Standard III, Resource Management.

Classes are co-educational and elective, where students can choose from a number of options within a given unit. Team sports (with emphasis on technique, strategy, and rules) encourage vigorous activity; individual sports (with emphasis on lifetime leisure skills) encourage a variety of activity. A balance between team and individual sports can be seen in the following sampling of units: volleyball, badminton, golf, soccer, lacrosse, football, frisbee, basketball, team handball, floor hockey, pickleball, self-defense, dance, yoga, and Pilates. Adventure Education has been added recently with an emphasis on team building and cooperation. The foundation of Adventure Education is the concept of challenge by choice which gives students' control over their adventure experience.

The Fitness Center is an important part of the physical education program. Individualized physical fitness takes place throughout the year. All students are tested for total fitness and encouraged to improve their scores over the four years of high school.

Senior Physical Education Exemption Policy

A senior participating on an athletic team may apply for exemption for Physical Education if he or she meets the following requirements:

1. The senior must be a participating team member, not a manager, scorekeeper, statistician, etc.
2. He or she must earn a minimum of 200 points in the physical fitness test.
3. The 11th grade physical education grade average is scored as:

A+	plus 30 points
A	plus 20 points
A-	plus 10 points
B+	minus 10 points
B	minus 20 points
4. The student may have no more than one free period in the schedule.

5. The exemption will apply during each season in which the student participates. If the student leaves the team, or is injured, it is his or her responsibility to return to Physical Education class immediately.
6. The grade of “A” will be used as a grade during the time period in which the student is exempt.
7. The exemption must be applied for each season that the student wishes to be exempted. The exemption starts on the first day of practice, not during tryouts. Forms are due on respective cutoff dates.
8. Students may be exempt for one, two or three seasons.

INTERSCHOLASTIC SPORTS

Our interscholastic athletic program, which offers enriched opportunities, includes competition for boys in football, basketball, wrestling, baseball, track, cross country, tennis, golf, soccer, fencing and swimming. Girls' athletics include volleyball, basketball, softball, tennis, track, fencing, swimming, soccer and cross country. Athletes and their parents will be expected to sign an athletic code of conduct before each sports season in which the student competes. An athlete represents his/her school and is expected to demonstrate high standards of sportsmanship.