

# HEALTH & PHYSICAL EDUCATION

## **Health**

**½ credit / 10-12**

Health Education is a half-credit course for students entering the tenth grade, and is a New York State requirement for graduation. This course is designed to provide students an understanding of health concepts and skills and apply them in making decisions to improve, sustain and promote physical, emotional/mental and social health. The health education skills specifically enable students to enhance personal, family and community health and safety. Self and relationship management are over- arching skills through which the skills of stress management, communication, planning and goal- setting, advocacy and decision-making are carried out. Ultimately students are provided with multiple opportunities to construct their own knowledge and skills and personally apply them to their own relevant health situations.

## **Physical Education**

**½ credit / 9-12**

New York State Education Law and Ardsley Union Free School District mandates four years of physical education as a condition of graduation. One half (½) credit is received for each of the four years completed.

We now have combined grade classes with students from 9<sup>th</sup> – 12<sup>th</sup> grade mixed in each class.

Classes are co-educational and elective. Students can choose from a number of options within a given unit. Team sports (with the emphasis on technique, strategy, and rules) encourage vigorous activity; individual sports (with the emphasis on lifetime leisure skills) encourage a variety of activities. A balance between team and individual sports can be seen in the following sampling of units: volleyball, badminton, football, ultimate Frisbee, team handball, floor hockey, pickle ball, self-defense, dance, yoga and Pilates.

The Fitness Center is an important part of the physical education program. Students have the option to elect out of any unit and take fitness courses throughout the school year. Individualized fitness takes place in our fitness center during each team or individual sport unit. All students are encouraged to improve their fitness levels over the course of their four years of high school.

## **Senior Exemption**

The following are criteria for senior exemption:

- Complete and earn a total of 200 points on the Physical Fitness Challenge. Students are tested in their junior year.
- Have no more than 1.5 study halls on their school schedule.
- Participate as a player in a varsity sport during the times of exemption. Managers, scorekeepers, statisticians are not eligible. If an athlete quits, or becomes unable to continue on the team, they must return to physical education immediately.
- The exemptions starts when students return the signed exemption form to their Physical Education teacher. Each sport season requires a new signed exemption form, (i.e.: fall, winter, spring).