

Description

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 and Healthy Environment. The 11th/12th grade course addresses these standards also, but emphasizes Standard III, Resource Management, with a community project due in June.

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 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.

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 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.

Preparation For Class

Requirements: Gym Clothes

- Gym shorts or pants, a t-shirt, and sneakers

Students will not be allowed to participate in their school clothes. All students must come to class free to move and ready to work. Having gym clothes to change into creates a safer and mobile environment. Each student is given 5 minutes to change at the beginning and end of each period. The student is responsible for their personal belongings. All personal belongings should be locked in their locker while they're in class.

Unit List

Badminton	Orienteering
Basketball	Physical fitness challenge
Body shaping	Pickleball
Dance	Pilates
Fitness	Soccer
Floor hockey	Softball
Football	Step aerobics
Golf	Team-handball
Lacrosse	Volleyball
Martial Arts	Yoga

Grading Policy

Every student starts with a 95 or an A. A plus (+) and minus (-) system will determine the students final grade. Each student's grade will vary according to these 4 categories:

1. Class Preparation
2. Effort
3. Teamwork
4. Cooperation

Unprepared: 5 points will be taken off for being unprepared, increasing 1 point each additional time unprepared.

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 one study hall on students 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 disabled to continue on the team he/she must return to physical education immediately.
- The exemption starts on the first day of practice and should be applied for each season the athlete wishes to be exempt.

Medical Procedures and Assignments

- Injury or Illness: If a student is injured and can not participate in physical education, a doctors note is needed to excuses the student from activity. The doctor's note should be given to the nurse and the proper paperwork will be processed.
- Written assignments will be given depending on the duration of injury or illness.

Adventure Learning and Team Building

Students will learn to work together through a series of games, trust activities, problem solving and high and low rope challenge events. Students learn the importance of carrying out interdependent roles, develop team communication, trust, and decision making and learning by taking risks. Exciting activities present new challenges which emphasize group cooperation in a variety of perceived risk initiative problems. Groups work together to solve problems and experience success. Students develop a greater ability to work effectively within a group and to respect the differences in a group.

This unit complies with the N.Y. State Standard #2, which states: students will demonstrate responsible personal and social behavior while engaged in physical activity. Students are expected to work constructively with others to accomplish a goal in a group activity, demonstrating consideration for others involved. In group challenge activities students should take various roles in turn (sometimes leading the team and sometimes supporting the team) in order to accomplish group goals and success.

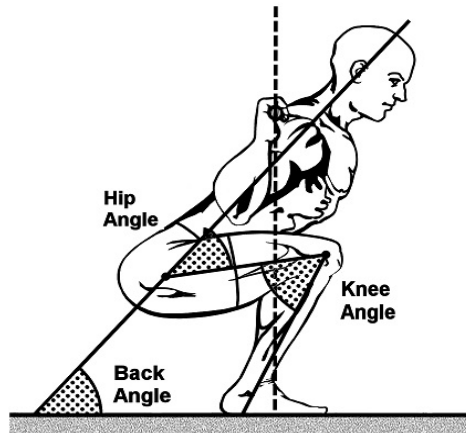


Fitness Center Hours

9th period - Tuesday - Thursday

Physical Education Elective Course with Mr. Russo: Raising The Bar

This course is specifically designed with the fitness levels of all students in mind. It will equip students with the knowledge and concepts used in performing strength training exercises. Through designed workouts, students will have the opportunity to practice and train these techniques. The course has proven to challenge and improve confidence of all that attend!



Ardsley High School Physical Education



Physical Education

Department:

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