

PHYSICAL EDUCATION

Departmental Objectives:

- To provide the student body with an opportunity to improve their fitness levels through participation in a variety of physical activities.
- To allow the student an opportunity to develop skill levels in a variety of sports and games.
- To provide a period of exercise and recreation as a means of escape from the regimen of academic classes.
- To promote positive attitudes and a lifetime commitment to the value of maintaining a physically fit body.

Physical Education

Full Year

½ Credit

The program offers a variety of activities allowing for change of activities approximately every four to five weeks. Activity class sizes are balanced to provide the best possible teaching and activity opportunities possible. Also, safety is a primary consideration in all classes.

New York education regulation requires that all students, regardless of handicapping condition(s), will be provided with a program in physical education. This includes those students with temporary medical excuses. We have an adaptive teacher on staff as well as reading and writing assignments for those students who may need such alternatives. All students must be scheduled for physical education on a (6) day schedule, every other day.

Activities:

Aerobics, badminton-table tennis, basketball, cardiovascular fitness, cross-country skiing, floor hockey, new games, handball-paddleball, jogging, soccer, touch football, softball, tennis, track & field, volleyball, weight training, square dancing, wrestling, broomball, etc.