

Physical Education Option 2 Form for Athletic Participation

Athletic Department is excited to announce that we are now offering the convenience of online registration for all sports and Option Two PE through RSchoolToday. Link found on Athletic Page.

Students-athletes accepted or declined enrollment in Option Two PE for Athletics when registering. Students will be scheduled, based upon their selection, **if** they are not scheduled for the required health or driver education segment of the course which is determined by enrollment as well as the high school master schedule.

General Procedures

Student-athletes must submit an application for **EACH** season of athletic participation. Students must be enrolled in one marking period of Health/Driver Education. Students cannot opt out of the health course.

The teacher or instructor will record student achievement and attendance for the duration of the course. Progress will be reported every five weeks in the form of progress reports and report cards to parents as in any other course. This documentation, as well as a statement of assurances, will be submitted to the Director of Guidance before credit is awarded.

Criteria for fulfilling the PE requirement - PE Option 2 is an independent marking period course and is a separate course from the PE/Health/DE course offered during time blocks 1-6. Students are required to pass both courses in order to fulfill their PE requirement. If you fail either course, you will not have enough credits to meet the minimum credits required for graduation. Therefore, you will need to retake the course in summer school in order to have enough credits in this area to graduate.

Option Two	Grade, Credit, Rank	Description
Physical Education through athletic participation.	Pass/ Fail grade awarded Credits count toward graduation requirements. Not included in GPA & class rank.	Grade 9-12 freshmen, junior varsity & varsity student-athletes may enroll in this program during any season(s) for high school credit in physical education. Marking Period 1- Fall Season Marking Period 2- Winter Season Marking Period 4- Spring Season

Criteria for course credit: Student-athletes may earn physical education credits by participating on Mahwah High School freshmen, junior varsity and varsity athletic teams during **any** athletic season. Student must meet the eligibility criteria of the NJSIAA and the district.

The student must attend and successfully complete the appropriate program requirements (Google Classroom assignments and assessments) in order to receive credit. Credit will be awarded upon verification of attendance and a passing grade indicated by the Athletic Director.

Students who are unable to complete the athletic season for any reason must immediately notify the athletic director and their guidance counselor so that they may be scheduled for a physical education class. Physical education is a state mandated course required for graduation. Failure to successfully meet this requirement will affect your ability to receive a high school diploma and participate in graduation exercises.

Criteria for fulfilling the PE requirement - PE Option 2 is an independent marking period course and is a separate course from the PE/Health/DE course offered during time blocks 1-6. Students are required to pass both courses in order to fulfill their PE requirement. If you fail either course, you will not have enough credits to meet the minimum credits required for graduation. Therefore, you will need to retake the course in summer school in order to have enough credits in this area to graduate.

Students electing this option are required to report to their assigned PE study hall or other approved course during this marking period. Grade 12 students may NOT use senior off campus privileges during PE study hall. Students who do not attend assigned courses will receive a disciplinary consequence. In addition, students must complete one required marking period of health education. Students with senior grade level status are not permitted additional off campus privileges during this period if enrolled in this program during their PE study hall without prior additional administrative approval

Physical Education Standards

- Below are the Core Content Standards for Physical Education and the Cumulative Progress Indicators (CPI) for each Standard.

STANDARD

2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

Cumulative Progress Indicators

A. Movement Skills and Concepts

2.5.12.A.1 plain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity

to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

2.5.12.A.2 Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

2.5.12.A.3 Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships

B. Strategy

- 2.5.12.B.1 Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
- 2.5.12.B.2 Apply a variety of mental strategies to improve performance.
- 2.5.12.B.3 Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness

c. Sportsmanship, Rules, and Safety

- 2.5.12.C.1 Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
- 2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
- 2.5.12.C.3 Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact

STANDARD

2.6 Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Cumulative Progress Indicators

A. Fitness and Physical Activity

- 2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.
- 2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principles.
- 2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
- 2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.
- 2.6.12.A.5 Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal

For questions regarding this process should be directed to the Director of Athletics

Roger Pelletier

Director of Athletics

Supervisor of Physical, Health & Driver Education

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