

PHYSICAL EDUCATION

Credit Options

The state of Indiana requires TWO semesters of physical education for graduation. Hamilton Southeastern Schools requires that at least ONE of the TWO required credits are earned taking a live class at the high school. The live credit can be earned during the three-week (15 days) summer school option in June or during one of the two semesters during the school year.

Below are the available options:

Option One:

- Physical Education Fall Semester at the high school
- Physical Education Spring Semester at the high school

OR

Option Two:

- Physical Education 15-day Summer School at the high school
- Physical Education either Fall or Spring Semester during the school year

OR

Option Three:

- Physical Education 15-day Summer School at the high school during two different summers

OR

Option Four:

- Physical Education at the high school (Either Summer or during the school year)
- Physical Education Summer School Online (one semester only)

OR

Option Five:

- Physical Education at the high school (Either Summer or during the school year)
- Alternate Physical Education (one semester only) using a qualifying activity or sport. This option is available during the Fall, Winter or Spring sport seasons. Available only during grades 9, 10 or 11.

PHYSICAL EDUCATION, HEALTH AND NUTRITION

Course Options

Physical Education and Health

Graduation Course Requirements:

- Two Semesters of Physical Education
- One Semester of Health

Course Electives: (Must have the two required semesters of Physical Education completed)

- COED Games
- Weight Training
- Advanced Physical Conditioning

Nutrition (FACS)

Course Electives:

- Nutrition and Wellness
- Advanced Nutrition and Wellness
- Child Development
- Advanced Child Development
- Introduction to Fashion and Textiles
- Advanced Fashion and Textiles
- Introduction to Housing and Interior Design
- Adult Roles and Responsibilities
- Interpersonal Relations

Fishers High School

Physical Education, Health and Nutrition Staff

Gretchen Shafer, Department Chair
Alternate Physical Education Coordinator
gshafer@hse.k12.in.us

Matthew Cherry, Physical Education
Head Baseball Coach
mcherry@hse.k12.in.us

Joe Leonard, Physical Education/Health
jmleonard@hse.k12.in.us

Matt Moore, Physical Education/Credit Recovery
Head Boys Basketball Coach
mamoore@hse.k12.in.us

Darren Simms, Physical Education/Health
Head JV Girls Basketball Coach
Assistant Boys Varsity Baseball Coach
dsimms@hse.k12.in.us

Lauren Votaw, Physical Education/Sports Med/FACS
Head Girls Basketball Coach
lvotaw@hse.k12.in.us

Rick Wimmer, Physical Education
rwimmer@hse.k12.in.us

Katie Delucenay, Family and Consumer Science (FACS)
kdelucenay@hse.k12.in.us

ALTERNATE PHYSICAL EDUCATION CREDIT GRADES 9, 10, AND 11 STUDENTS ONLY

Hamilton Southeastern Schools is offering an alternate option for 9th, 10th, and 11th graders only to earn **ONE** of their two Physical Education credits.

<u>Alternate Physical Education Requirements:</u>	<u>Assessments</u>
<ul style="list-style-type: none">• Must enroll at the time of participation in sport of activity• Must practice a minimum of 3 times per week for at least 1.5 hours• Must remain in good standing for the entire season• Must actively participate for at least 80% of the season without injury• Must be supervised by a coach or director• Activity must include competition• Must enroll for the credit to qualify• Enrollment does not guarantee credit will be earned	<ul style="list-style-type: none">• Complete four Canvas quizzes by designated deadline• Must complete the season in good standing• Must attend all practices and competitions• Must successfully complete the season as required by each coach or director

There are other requirements included for this credit option. For more information please ask your counselor how to locate the registration information on the FHS website. **The remaining required physical education credit must be earned by participating in a Fishers High School Physical Education class either during the school year or a summer school class held at Fishers High School.**

SUMMER PHYSICAL EDUCATION OFFERED AT FISHERS HIGH SCHOOL June 1-June 19, 2020

Course requirements: Summer School P.E. is physically demanding – a full semester of P.E. is condensed into 15 days. Due to the physical intensity of the course, which includes running a mile each day, some students find that taking the course during the school year to be a better fit. That being said, due to the condensed time frame of summer school, there will be no accommodations allowed for non-participation in any PE activity at any time, including swimming. Additionally, P.E. students should wear school appropriate shorts, T-shirts w/sleeves (dress code appropriate), socks and tennis shoes. Swimsuits need to be appropriate for school.

SUMMER SCHOOL ATTENDANCE REQUIREMENT:

Regular attendance at summer school is critical. A student may miss up to 10 hours (2 days) of excused absence, if necessary. Any student who exceeds 10 hours (600 minutes) of excused absence will be removed from summer school with no credit given. **THERE ARE NO EXCEPTIONS MADE. WHEN A STUDENT EXCEEDS THE 10 HOURS OF EXCUSED ABSENCE THEY ARE WITHDRAWN FROM SUMMER SCHOOL.**

*****THERE WILL BE NO SCHOOL BUS TRANSPORTATION***