

Physical Education/Health/Dance/Driver Education

PHYSICAL EDUCATION FROSH (FALL)

Offered: Semester Course. Physical education is a required 4 year subject and is part of the total education which contributes to the development of the individual through participation in physical activity. Daily practices are provided in a variety of physical activities with emphasis on basic skill development in individual and team activities, concentration on improved physical fitness and awareness for the need of lifetime fitness and sport activity. Freshman physical education activities may include: Swimming, Track & Field, Basketball, Volleyball, Soccer, Weight Training, Cardio Training, and Fitness Testing

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take HEALTH (SPRING)

FEES: Uniform and Lock (school bookstore)

PHYSICAL EDUCATION FROSH FRESHMAN (SPRING)

Offered: Semester Course. Physical education is a required 4 year subject and is part of the total education which contributes to the development of the individual through participation in physical activity. Daily practices are provided in a variety of physical activities with emphasis on basic skill development in individual and team activities, concentration on improved physical fitness and awareness for the need of lifetime fitness and sport activity. Freshman physical education activities may include: Swimming, Track & Field, Basketball, Volleyball, Soccer, Weight Training, Cardio Training, and Fitness Testing

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take FRESHMAN PHYSICAL EDUCATION 1 (FALL)

FEES: Uniform and Lock (school bookstore)

ADAPTIVE PHYSICAL EDUCATION (FALL)

Offered: Assigned by semester or temporary placement. In compliance with Federal Regulations, Notice is hereby given that: Morton High Schools will provide adapted physical education to any eligible student with a health

impairment or temporary disability, including pregnancy. These students may not be excluded from participation in any program, class or activity based solely on their health impairment, temporary disability or pregnancy. Parents and students have the right to request special programs or services. The District requires students with health impairments and/or temporary disabilities, including pregnancy, to obtain a physician's referral within 2 weeks that a student is physically unable to continue participation in a regular Physical Education class. If the student fails to secure such a referral, the student will remain in regular Physical Education as a non-participant until documentation is received. A physician referral, along with an Adapted Physical Education placement form, must be submitted prior to enrollment into the Adapted Physical Education Program. The adapted instructor and the student's physician will develop an individualized rehabilitation program. Based upon the student's rehab, the focus of the course work may be altered.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take ADAPTIVE PHYSICAL EDUCATION (SPRING)

FEES: Uniform and Lock (school bookstore)

ADAPTIVE PHYSICAL EDUCATION (SPRING)

Offered: Assigned by semester or temporary placement. In compliance with Federal Regulations, Notice is hereby given that: Morton High Schools will provide adapted physical education to any eligible student with a health impairment or temporary disability, including pregnancy. These students may not be excluded from participation in any program, class or activity based solely on their health impairment, temporary disability or pregnancy. Parents and students have the right to request special programs or services. The District requires students with health impairments and/or temporary disabilities, including pregnancy, to obtain a physician's referral within 2 weeks that a student is physically unable to continue participation in a regular Physical Education class. If the student fails to secure such a referral, the student will remain in regular Physical Education as a non-participant until documentation is received. A physician referral, along with an Adapted Physical Education placement form, must be submitted prior to enrollment into the Adapted Physical Education Program. The adapted instructor and the student's physician will develop an individualized rehabilitation program. Based upon the student's rehab, the focus of the course work may be altered.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take ADAPTIVE

PHYSICAL EDUCATION (FALL)

FEES: Uniform and Lock (school bookstore)

HEALTH EDUCATION (FALL)

Offered: Semester Course For: 9 (10, 11, 12 if needed). Health Education is a one semester course required for graduation. This class raises each student's health awareness and will help attain individual health goals. Students will enhance their potential for self, family, and community. The course consists of the following health topics as required by the state school code: wellness, growth and development, nutrition, fitness, stress management, non-infectious and infectious disease education (including sexually transmitted diseases and HIV/AIDS prevention), personal hygiene, consumer health, basic first aid/safety, drug use and abuse, mental and emotional health, health related careers, career goal setting, and healthy relationships (including abstinence, dating violence, and child abuse prevention). A variety of class activities, self assessments, videos, and community resources/speakers are strategically woven throughout the semester to enhance the student's learning, their lifestyle choices, and decision making skills. All topics are per parental consent.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION FROSH (SPRING)

FEES: None

HEALTH EDUCATION (SPRING)

Offered: Semester Course For: 9 (10, 11, 12 if needed). Health Education is a one semester course required for graduation. This class raises each student's health awareness and will help attain individual health goals. Students will enhance their potential for self, family, and community. The course consists of the following health topics as required by the state school code: wellness, growth and development, nutrition, fitness, stress management, non-infectious and infectious disease education (including sexually transmitted diseases and HIV/AIDS prevention), personal hygiene, consumer health, basic first aid/safety, drug use and abuse, mental and emotional health, health related careers, career goal setting, and healthy relationships (including abstinence, dating violence, and child abuse prevention). A variety of class activities, self assessments, videos, and community resources/speakers are strategically woven throughout the semester to enhance the student's learning, their lifestyle choices, and decision making skills. All topics are per parental consent.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 9-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION FROSH (FALL)

FEES: None

PHYSICAL EDUCATION SOPH (FALL)

Includes 9 weeks of Driver Education Classroom Offered: 3 quarters.

Physical education is a required 4 year subject and is part of the total education which contributes to the development of the individual through participation in physical activity. Daily practices are provided in a variety of physical activities with emphasis on individual lifelong sports, team activities and individual fitness, concentration on improved physical fitness and awareness for the need of lifetime fitness and sport activity. Sophomore physical education activities may include: Lifesaving, Life Guarding, Badminton, Pickle-Ball, Ultimate Frisbee, Wrestling, Swimming, Basketball, Flickerball, Floor Hockey, Soccer, Softball, Team Handball, Touch Football, Volleyball, Weight Training, Cardio Training, and Fitness Training/Testing. Students will have Physical Education for 27 weeks and Driver Education Classroom for 9 weeks during the school year.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION SOPH (SPRING)

FEES: Uniform and Lock (school bookstore) & Driver Education fees

PHYSICAL EDUCATION SOPH (SPRING)

Includes 9 weeks of Driver Education Classroom Offered: 3 quarters Physical education is a required 4 year subject and is part of the total education which contributes to the development of the individual through participation in physical activity. Daily practices are provided in a variety of physical activities with emphasis on individual lifelong sports, team activities and individual fitness, concentration on improved physical fitness and awareness for the need of lifetime fitness and sport activity. Sophomore physical education activities may include: Lifesaving, Life Guarding, Badminton, Pickle-Ball, Ultimate Frisbee, Wrestling, Swimming, Basketball, Flickerball, Floor Hockey, Soccer, Softball, Team Handball, Touch Football, Volleyball, Weight Training, Cardio Training, and Fitness Training/Testing. Students will have Physical Education for 27 weeks and Driver Education Classroom for 9 weeks during the school year.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL

EDUCATION SOPH (FALL)

FEES: Uniform and Lock (school bookstore) & Driver Education fees

LEADERSHIP TRAINING (FALL)

(Includes 9 weeks of Driver Education Classroom) Offered: 3 Quarters. Students learn rules, practice skills and proper officiating techniques in sport and activities offered in the Physical Education Curriculum. The valuable skills learned and practiced will help prepare students for future leadership roles. Successful completion of this course will advance students to the possible role of Physical Education leader.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take LEADERSHIP TRAINING (SPRING)

FEES: Uniform and Lock (school bookstore) & Driver Education fees

LEADERSHIP TRAINING (SPRING)

(Includes 9 weeks of Driver Education Classroom) Offered: 3 Quarters
Course Fees: PE Uniform and Lock (school bookstore) & Driver Education fees
Students learn rules, practice skills and proper officiating techniques in sport and activities offered in the Physical Education Curriculum. The valuable skills learned and practiced will help prepare students for future leadership roles. Successful completion of this course will advance students to the possible role of Physical Education leader.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take LEADERSHIP TRAINING (FALL)

FEES: Uniform and Lock (school bookstore) & Driver Education fees

LIFEGUARDS (FALL)

Offered: Semester Course. Students will be assigned as a lifeguard for Physical Education classes and may possibly be responsible for helping teachers to instruct swim techniques to beginners. Lifeguards will be expected to apply water safety knowledge and keep CPR certification current. Successful completion and teacher recommendation will secure lifeguarding position in Physical Education for future semesters.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take LIFEGUARDS

(SPRING)

FEES: Uniform and Lock (school bookstore)

LIFEGUARDS (SPRING)

Offered: Semester Course. Students will be assigned as a lifeguard for Physical Education classes and may possibly be responsible for helping teachers to instruct swim techniques to beginners. Lifeguards will be expected to apply water safety knowledge and keep CPR certification current. Successful completion and teacher recommendation will secure lifeguarding position in Physical Education for future semesters.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take LIFEGUARDS (FALL)

FEES: Uniform and Lock (school bookstore)

LIFESAVING (FALL)

Offered: Semester Course. Students will receive extensive training in water safety related to equipment based rescues, spinal injury management, victim recognition and facility surveillance. Upon successful completion of the course, students will be Red Cross certified in Lifesaving, CPR, and First Aid. Students will be assigned as lifeguards for swimming classes in the following semesters pending teacher recommendation. Student may also have the opportunity for off campus life guarding employment.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: Must be able to pass a pre-swim test that includes: swimming 200 yards, treading water for 2 minutes (legs only), and retrieve a 10 pound brick from the bottom of the pool at a depth of seven feet of water.

COREQUISITES: None

FEES: \$75.00 and Uniform and Lock (school bookstore)

LIFESAVING (SPRING)

Offered: Semester Course. Students will receive extensive training in water safety related to equipment based rescues, spinal injury management, victim recognition and facility surveillance. Upon successful completion of the course, students will be Red Cross certified in Lifesaving, CPR, and First Aid. Students will be assigned as lifeguards for swimming classes in the following semesters pending teacher recommendation. Student may also have the opportunity for off campus life guarding employment.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: Must be able to pass a pre-swim test that includes: swimming 200 yards, treading water for 2 minutes (legs only), and retrieve a 10 pound brick from the bottom of the pool at a depth of seven feet of water.

COREQUISITES: None

FEES: \$75.00 and Uniform and Lock (school bookstore)

MOVEMENT & DANCE (FALL)

Offered: Semester Course (Offered both semesters.) This course will explore movement as an expressive tool. It is designed to train students in basic jazz, ballet and modern dance. Students will learn basic movement skills in various styles, including: social dancing, tap, ethnic dances, Latin dance and other modern styles. Students will learn vocabularies of movement and dance, as well as investigate videos of performances by various dancers, dance companies and various cultures.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: First semester Freshman P.E. or previous experience and consent of the instructor.

COREQUISITES: None

FEES: Uniform and Lock (school bookstore)

MOVEMENT & DANCE (SPRING)

Offered: Semester Course (Offered both semesters.) This course will explore movement as an expressive tool. It is designed to train students in basic jazz, ballet and modern dance. Students will learn basic movement skills in various styles, including: social dancing, tap, ethnic dances, Latin dance and other modern styles. Students will learn vocabularies of movement and dance, as well as investigate videos of performances by various dancers, dance companies and various cultures.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: First semester Freshman P.E. or previous experience and consent of the instructor.

COREQUISITES: None

FEES: Uniform and Lock (school bookstore)

DRIVER EDUCATION (FALL)

Offered: Semester Course According to state law, Pursuant to Sections 27-23 and 27-24.2 of the School Code, no student shall be permitted to enroll in a driver education course provided by a public school district or a nonpublic school unless he or she has either: 1) received a passing grade in

at least eight courses (which may include courses completed in grade 8) during the previous two semesters or, in the case of block scheduling that reduces the number of courses taken per semester, in at least half the courses taken during the previous two semesters. Driver Education Fees: a fee is required plus a \$20.00 Illinois State permit fee to be paid on the first day of class. Students must pass the written Driver Education Vehicle Code Permit Test to advance to the Behind-The-Wheel (BTW) phase. Pending availability of instructors, students are selected in chronological order by birth date and are given the opportunity to successfully complete the required 6 hours of training. Students have the option of taking BTW before or after school as the schedules permit.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: Must have five credits and have consent from your counselor.

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION SOPH Q1, or Q2, or Q3, or Q4 (SPRING)

FEES: \$20.00 plus \$300.00 for BTW

DRIVER EDUCATION (SPRING)

Offered: Semester Course According to state law, Pursuant to Sections 27-23 and 27-24.2 of the School Code, no student shall be permitted to enroll in a driver education course provided by a public school district or a nonpublic school unless he or she has either: 1) received a passing grade in at least eight courses (which may include courses completed in grade 8) during the previous two semesters or, in the case of block scheduling that reduces the number of courses taken per semester, in at least half the courses taken during the previous two semesters. Driver Education Fees: a fee is required plus a \$20.00 Illinois State permit fee to be paid on the first day of class. Students must pass the written Driver Education Vehicle Code Permit Test to advance to the Behind-The-Wheel (BTW) phase. Pending availability of instructors, students are selected in chronological order by birth date and are given the opportunity to successfully complete the required 6 hours of training. Students have the option of taking BTW before or after school as the schedules permit.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 10-12

PREREQUISITE: Must have five credits and have consent from your counselor.

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION SOPH Q1, or Q2, or Q3, or Q4 (SPRING)

FEES: \$20.00 plus \$300.00 for BTW

JR/SR CROSS TRAINING (FALL)

Offered: Semester Course Fees: PE Uniform and Lock (school bookstore)
Students receive advanced instruction and participate in multiple variations of activities that promote lifetime personal fitness programming. These activities may include Alternative Cardiovascular & Weight Training Programs & Outdoor Survival/Fitness Activities.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take JR/SR CROSS TRAINING (SPRING)

FEES: Uniform and Lock (school bookstore)

JR/SR CROSS TRAINING (SPRING)

Offered: Semester Course Fees: PE Uniform and Lock (school bookstore)
Students receive advanced instruction and participate in multiple variations of activities that promote lifetime personal fitness programming. These activities may include Alternative Cardiovascular & Weight Training Programs & Outdoor Survival/Fitness Activities.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take JR/SR CROSS TRAINING (FALL)

FEES: Uniform and Lock (school bookstore)

JR. / SR. VARSITY PHYSICAL EDUCATION (FALL)

Offered: Year Course For: 11, 12 Varsity Athletes Fees: PE Uniform and Lock (school bookstore) Students receive advanced instruction and participate in 4 quarters in lifetime personal fitness programming, which includes Weight Training (Muscle Building Methods for Workout Routines), Cardio/Aerobic Training, Fitness Program Development, & Diet for Training, Performance and Recovery.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: Must be an active Varsity Athlete

COREQUISITES: If you take this course, you must also take JR. / SR. VARSITY PHYSICAL EDUCATION (SPRING)

FEES: Uniform and Lock (school bookstore)

JR. / SR. VARSITY PHYSICAL EDUCATION (SPRING)

Offered: Year Course For: 11, 12 Varsity Athletes Fees: PE Uniform and Lock (school bookstore) Students receive advanced instruction and participate in 4 quarters in lifetime personal fitness programming, which includes Weight

Training (Muscle Building Methods for Workout Routines), Cardio/Aerobic Training, Fitness Program Development, & Diet for Training, Performance and Recovery.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: Must be an active Varsity Athlete

COREQUISITES: If you take this course, you must also take JR. / SR. VARSITY PHYSICAL EDUCATION (FALL)

FEES: Uniform and Lock (school bookstore)

DANCE STUDIO (FALL)

Offered: Semester Course (Offered both semesters.) (This course may be repeated for credit.) Supplies: Dance shoes, leotards and tights are required. Students will explore specific dance techniques in modern, jazz, ethnic and classical styles. Students will develop consistent habits for barre, utilize traditional dance vocabulary and begin to choreograph dances of their own. Dance history will also be explored as ways to increase movement vocabularies.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: Movement & Dance or previous experience and consent of the instructor.

COREQUISITES:

FEES: Uniform and Lock (school bookstore)

DANCE STUDIO (SPRING)

Offered: Semester Course (Offered both semesters.) (This course may be repeated for credit.) Supplies: Dance shoes, leotards and tights are required. Students will explore specific dance techniques in modern, jazz, ethnic and classical styles. Students will develop consistent habits for barre, utilize traditional dance vocabulary and begin to choreograph dances of their own. Dance history will also be explored as ways to increase movement vocabularies.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

COREQUISITES:

PREREQUISITE: Movement & Dance or previous experience and consent of the instructor.

FEES: Uniform and Lock (school bookstore)

PHYSICAL EDUCATION JR/SR (FALL)

Offered: Semester Course Fees: PE Uniform and Lock (school bookstore)
Students receive advanced instruction and participate in 1 quarter each of

Team and Individual Sport activities which may include Badminton, Pickle-Ball, Handball, Swimming, and Outdoor Education for the individual sport section and Basketball, Soccer, Softball, Team Handball, Korfball, and Volleyball for the team sport section. Students will also receive advanced instruction and application for 2 quarters in lifetime personal fitness programming, which includes Weight Training, Cardio/Aerobic Training, Fitness Training and Testing.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION JR/SR (SPRING)

FEES: Uniform and Lock (school bookstore)

PHYSICAL EDUCATION JR/SR (SPRING)

Offered: Semester Course Fees: PE Uniform and Lock (school bookstore) Students receive advanced instruction and participate in 1 quarter each of Team and Individual Sport activities which may include Badminton, Pickle-Ball, Handball, Swimming, and Outdoor Education for the individual sport section and Basketball, Soccer, Softball, Team Handball, Korfball, and Volleyball for the team sport section. Students will also receive advanced instruction and application for 2 quarters in lifetime personal fitness programming, which includes Weight Training, Cardio/Aerobic Training, Fitness Training and Testing.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION JR/SR (FALL)

FEES: Uniform and Lock (school bookstore)

PHYSICAL EDUCATION LEADER (FALL)

Offered: Semester Course, (may be repeated for credit) Fees: PE Uniform and Lock (school bookstore) Students apply leadership skills learned in Sophomore Leadership Training classes in order to better assist Physical Education Instructors and students. Students leadership role includes assistance to other students learn and practice individual sport skills, lead warm-ups, and assist students in technique practice and individual development. Future opportunities in this program are dependent on Physical Education Instructor recommendation.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION LEADER (SPRING)

FEES: Uniform and Lock (school bookstore)

PHYSICAL EDUCATION LEADER (SPRING)

Offered: Semester Course, (may be repeated for credit) Fees: PE Uniform and Lock (school bookstore) Students apply leadership skills learned in Sophomore Leadership Training classes in order to better assist Physical Education Instructors and students. Students leadership role includes assistance to other students learn and practice individual sport skills, lead warm-ups, and assist students in technique practice and individual development. Future opportunities in this program are dependent on Physical Education Instructor recommendation.

CREDIT: 0.5 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: None

COREQUISITES: If you take this course, you must also take PHYSICAL EDUCATION LEADER (FALL)

FEES: Uniform and Lock (school bookstore)

PE EXEMPT (FALL)

It shall be the policy of J.S. Morton High School District 201 that students in grades 11 and 12 may request exemptions from physical education for the following reasons as stated in Sec. 27-6 of the School Code of Illinois:

Exemption I: For on-going participation in an interscholastic athletic program. A. Students are to be reassigned to their physical education class once their particular sport season has ended or when they are no longer a member of the team. B. The head coach will recommend a grade during the sport season to the Physical Education teacher when the student returns to Physical Education class from study hall. Exemption II: For enrollment in academic classes which are required for admission to an institution of higher learning, provided that failure to take such classes will result in pupil being denied admission to the institution of his or her choice. A. Waiver may only be extended provided there are no electives within the student's schedule. B. The course must provide the student with 5 core subjects. Exemption III: For enrollment in academic classes which are required for graduation from high school provided that failure to take such classes will result in the pupil being unable to graduate. A. A waiver shall be granted only if a student has made use of all academic alternative programs (summer school, 0 hour, and night school) to fulfill their graduation requirements. B. The course taken in lieu of physical education must provide the student with 5 core subjects. Exemption IV: For a student in grades 9 through 12 enrolled in a marching band program for credit. Students can request to be excused from physical education for on-going participation in such marching band program.

Regulations: A. Students requesting approval for an exemption must receive

the approval of their parent, athletic coach (if applicable), counselor, Assistant Principal, and the Principal. B. Parents will be notified of the student's exemption approval from Physical Education and a record will be filed in the student's guidance folder and in the physical education office. C. Students will not be allowed to drop a fifth (5th) core subject. D. If a student is allowed five (5) classes in lieu of physical education and is removed from one or more classes for lack of attendance, the exemption from physical education is voided. The student will have to make up the physical education class in summer school or subsequent semesters.

CREDIT: 0 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: Approval of their parent, athletic coach (if applicable), counselor, Assistant Principal, and the Principal.

COREQUISITES: None

FEES: None

PE EXEMPT (SPRING)

It shall be the policy of J.S. Morton High School District 201 that students in grades 11 and 12 may request exemptions from physical education for the following reasons as stated in Sec. 27-6 of the School Code of Illinois:

Exemption I: For on-going participation in an interscholastic athletic program. A. Students are to be reassigned to their physical education class once their particular sport season has ended or when they are no longer a member of the team. B. The head coach will recommend a grade during the sport season to the Physical Education teacher when the student returns to Physical Education class from study hall. Exemption II: For enrollment in academic classes which are required for admission to an institution of higher learning, provided that failure to take such classes will result in pupil being denied admission to the institution of his or her choice. A. Waiver may only be extended provided there are no electives within the student's schedule. B. The course must provide the student with 5 core subjects. Exemption III: For enrollment in academic classes which are required for graduation from high school provided that failure to take such classes will result in the pupil being unable to graduate. A. A waiver shall be granted only if a student has made use of all academic alternative programs (summer school, 0 hour, and night school) to fulfill their graduation requirements. B. The course taken in lieu of physical education must provide the student with 5 core subjects.

Exemption IV: For a student in grades 9 through 12 enrolled in a marching band program for credit. Students can request to be excused from physical education for on-going participation in such marching band program.

Regulations: A. Students requesting approval for an exemption must receive the approval of their parent, athletic coach (if applicable), counselor, Assistant Principal, and the Principal. B. Parents will be notified of the student's exemption approval from Physical Education and a record will be

filed in the student's guidance folder and in the physical education office. C. Students will not be allowed to drop a fifth (5th) core subject. D. If a student is allowed five (5) classes in lieu of physical education and is removed from one or more classes for lack of attendance, the exemption from physical education is voided. The student will have to make up the physical education class in summer school or subsequent semesters.

CREDIT: 0 **TYPE:** Regular **GRADE:** 11-12

PREREQUISITE: Approval of their parent, athletic coach (if applicable), counselor, Assistant Principal, and the Principal.

COREQUISITES: None

FEES: None