

HOW TO EARN PHYSICAL EDUCATION (P.E.) CREDITS

For all students, two physical education credits must be earned to meet the requirement for upper school graduation. There are several ways to earn these credits.

INTERSCHOLASTIC ATHLETICS

(.5 credits per sport per season)

More than 60 percent of upper school students earn physical education credit through participation in interscholastic athletics. These competitive sports are offered in the three seasons listed below. Please note that there is some overlap between the seasons. Students are never penalized for entering a sport late due to the previous season's commitment. Please communicate early with the upcoming sport's coach explaining your conflict.

FALL (August to mid-November)

- Football
- Cheerleading
- Boys & Girls Cross Country
- Girls Volleyball
- Boys & Girls Water Polo
- Girls Tennis
- Girls Golf

WINTER (November to mid-February)

- Boys & Girls Soccer
- Boys & Girls Wrestling
- Boys & Girls Basketball
- Cheerleading

SPRING (February to mid-May)

- Baseball
- Softball
- Boys & Girls Swimming
- Boys & Girls Track & Field
- Boys Volleyball
- Boys Tennis
- Boys Golf
- Girls Lacrosse

NON-COMPETITIVE PHYSICAL EDUCATION CLASS

(.5 credits per class per semester)

A second way a student may earn credits is by participating in a non-competitive physical education class. Offerings are scheduled both during the school day and after school. Classes include Yoga, Capoeira and Personal Fitness.

Yoga and Capoeira are offered after school by the upper school athletic department. Sign-ups for the fall semester take place during a lunch hour outside of the upper school athletic department office the second week of the fall semester. Notices are posted on the bulletin board outside of the upper school athletic department office. Sign-ups for the spring semester Yoga and Capoeira also take place outside of the upper school athletic department office during a lunch hour at the beginning of the spring semester.

Personal Fitness classes are offered during the school day in the fall and spring semesters. ~~We offer Personal Fitness period 7. Advanced Fitness periods 3 or 6~~ is geared for our competitive athletes. Enrollment for these classes is done through the normal class enrollment process through Harker's registrar.

ATHLETIC ACTIVITY OUTSIDE OF HARKER

(.5 credits per semester)

A student may also earn credit through participation in an athletic activity outside of Harker. The minimum requirement for this is three days per week with each daily session being a minimum of one hour. This must be sustained over a 15-week period of time. Independent physical education options must be pre-approved by the athletic director. Upon approval, the student is given a form to complete and have signed by an instructor who verifies that the student has met the minimum requirement to receive credit. The student should then return the form to the upper school athletic director.

PERFORMING ARTS

Students who participate in certain performing arts department activities may earn P.E. credit. Instructors in the performing arts department submit names and the amount of credit that should be issued to students to the upper school athletic director. Credit may be earned as follows:

- .5 credit for participating in the dance production
- .5 credit for participating in an after-school dance class that meets three times per week in the second semester only (after the dance production)
- 1.0 credit for JV dancers for the year
- 1.5 credit for varsity dancers for the year
- .5 credit for Downbeat participants for the year

Please communicate with the performing arts department directly about enrollment and criteria for above options.