

memo

To: Les Huddle
From: Mark Preston
CC: Barb Payton, Katie Reckard
Date: December 20, 2024
Re: PE at Jefferson HS

Comments:

Background:

Starting with the Class of 2029, students will only be required to earn one PE credit for graduation, instead of the previous two. Past practice allowed for students involved in IHSAA sanctioned sports, to earn at least one of those PE credits as a result of successfully completing an IHSAA sports season. (This has been in place for 10+ years.) Additionally, for years, a requirement of a Jefferson HS diploma, per the LSC Board, was the successful passing of a swim test as a part of the PEII credit. (We were informed, with the change to one credit, the swim requirement will stay in place.)

Recommendation and rationale:

1. **Expansion of independent PE credit:** Currently, students in IHSAA sanctioned sports, only, are able to earn a PE credit for participation in that sport at Jefferson HS. We are recommending expanding that to the following activities: marching band, show choir, dance classes and cheerleading. The movement and physical activity in these activities, are just as involved as many IHSAA sports.

Requirements for independent credit:

- a. Participation in one of the following: Cheerleading, dance, an IHSAA sponsored Jeff HS sport, marching band, or show choir.
 - b. Application and completion before the start of the student's junior year unless approved by the PE department and the student's counselor.
 - c. Student completes the season/semester in good standing; and, Student participates in over 90% of all normal expected physical
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activities related to the sport or activity. A minimum of 66% is required in the event of a major injury (JHS Athletic Trainer or physician signature required). NOTE: Any student who does not meet this requirement due to injury or other reasons cannot receive waiver credit.

- d. Student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - e. Student demonstrates an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
 - f. Student achieves and maintains a health-enhancing level of physical fitness.
 - g. Successful completion of swim test, with Jefferson HS PE teacher.
 - h. Student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
2. **Swimming requirement test-out proposal:** For those attempting to earn an independent PE credit, they must successfully pass the LSC swim test requirement. (If students in one of the above approved activities can successfully show they are adequate swimmers, there is no need for them to take a full semester of PE.) Students will be given options of testing, four times a year. (Once in the fall, twice in the winter and once in the spring.) Students will sign up in advance, and will be sent reminders concerning the testing date. Testing takes approximately 30 minutes to complete and can be done in groups of 30-35 students. Below is a list of components used by the teacher during testing. Teacher is available prior to testing to answer any questions and will fully explain and demonstrate on the day of the test.

Requirements for PE swimming test for Independent PE

Front Crawl----Freestyle

- Side Breathing
- Over Arm Recovery
- Flutter Kick
- Head Position
- Distance (at least 10yds)

Back Crawl----Backstroke

- Push off wall on back
- Arm rotation-arms are opposite
- Flutter Kick
- Head Position
- Distance (at least 10yds)

Elementary Backstroke

- Glide after each stroke and kick
 - Arms (Chicken, Airplane, Soldier)
 - Inverted Whip Kick (breaststroke kick on back)
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- Head Position
 - Distance (at least 10yds)

3. Compensation for PE teachers testing students:

We are proposing the PE teachers testing students out of the swimming component be compensated \$26.75 an hour for this work, if completed outside of contractual time. Most testing will be done in large groups, four times a year, and should not exceed an hour for each testing time.
