

PHYSICAL EDUCATION

OPT-OUT

Athletes train many hours during the seasons that they participate in athletics. Tenth, eleventh and twelve grade students who participate in Secaucus High School athletic teams may be exempt from physical education during the marking period that he/she participates. Due to the structure of our skills based physical education program for freshmen, all ninth grade students must participate in three marking periods of physical education.

Students who opt-out of physical education will receive an athletic exemption ("AE") for that marking period. This athletic exemption will not alter the GPA negatively or positively. The students will receive credit for the physical education class. Physical Education will be graded by quarters with a 1 credit for each quarter that the student participates in the physical education class.

If an athlete quits a team or is dismissed from a team prior to the end of the season, the coach will immediately inform the Supervisor of Wellness. The student will then return to physical education class the next school day. If the athlete has less than twenty days left in the marking period when they return to physical education, they will receive an "AE" on their report cards. If the student has more than twenty days left in the marking period when they return to physical education, they will receive a letter grade for the course. The only time a student can rescind an exemption is during the first two weeks of a new marking period.

All students will take the appropriate Health/ Driver's Education courses during the marking periods that they have been assigned. Physical education opt-outs are only permitted during marking periods when a student is scheduled to have physical education. Schedules will not be adjusted to accommodate a physical education opt-out.