

## 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 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, Fencing and Personal Fitness.

Yoga, Fencing and Capoeira are offered after school by the upper school athletic department. Sign-ups for the fall and spring semester take place online during the second week of each semester.

Personal Fitness classes are offered during the school day in the fall and spring semesters. We also offer a Strength & Conditioning course that is geared for our competitive athletes. Enrollment for these classes is done through the normal class enrollment process through Harker's registrar.

### **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)
- 1.5 credits for Harker Dance Academy for full school year
- 1.0 credit for Kinetic Krew for full school year
- .5 credit for Downbeat participants for full school year

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

### **ATHLETIC ACTIVITY OUTSIDE OF HARKER**

*(.5 credits per semester)*

Certain activities completed outside of Harker may be eligible for P.E. credit. **These activities must be pre-approved by the P.E. Coordinator or Athletic Director.** To qualify for .5 credit per semester, the outside activity must be:

- an activity/sport that we do not offer at Harker
- one hour per session, three times per week over a 15 week period.
- monitored/sponsored by a qualified coach or instructor.

Students wishing to propose an outside activity for P.E. credit need to meet in person with the PE coordinator during morning office hours. If approved, the student will be provided the necessary forms. You must have a signed pre-approval form and activity log sheets in hand prior to logging hours for credit. Proposals should be made during the first month of the school year for fall activities, or in January for spring semester.