

Physical Education Electives for Grades 9-12 Explained

The elective code for physical education is 24003. This code may be duplicated as many times as needed to reflect that a student is enrolled in a physical education elective course followed by the Local Education Agency (LEA) code.

The 2009 *Alabama Course of Study: Physical Education* states that elective courses focus on the development and refinement of skills, knowledge, social and personal traits, and physical fitness acquired in Grades K-8 and in the high school Lifelong Individualized Fitness Education (LIFE) course (code 24002). Physical education elective content standards from the 2009 *Alabama Course of Study: Physical Education* may be incorporated into any physical education elective courses. Elective courses are appropriate after the completion of the required LIFE course. There are no standards for a Grade 9-12 general physical education course. No course should be entitled general physical education, athletic physical education, advance LIFE course, or advanced physical education (see example page).

Students who have taken the LIFE course (code 24002) and mastered the content with a passing grade may not be placed in the same class period with other students who are enrolled in the LIFE course. The *Alabama Administrative Code* 290-3-1(d)1 states that a student shall not earn credit toward graduation for a course that duplicates course content for which credit has already been awarded.

Athletics

Athletics recognized by the Alabama High School Athletic Association (AHSAA) must use the physical education elective code 24003 after the completion of the required LIFE course. Athletics may not be substituted for the LIFE course without a granted waiver from Dr. Thomas R. Bice, State Superintendent of Education.

Example

Grade 9	24002 LIFE course
Grade 10	24003.(LEA code) Varsity Football level 1
Grade 11	24003.(LEA code) Varsity Football level 2
Grade 12	24003.(LEA code) Varsity Football level 3

Waivers

The State Superintendent is the only granting authority to allow substitution for the required LIFE course. Waivers are granted for a two-year period for activity based courses such as marching band (including majorettes, flag corps, and dance teams), and athletic teams that are recognized by the AHSAA (including cheerleaders). As of August 1, 2012 one year of JROTC may substitute for the LIFE course without a waiver.

Waiver Process

A letter written by the LEA superintendent must be addressed to requesting permission to substitute an activity based course(s) for the LIFE course.

Attached to the letter must be the original signed collaboration plan. The planning template may be obtained from Mrs. Nancy Ray, Health and Physical Education Specialist (nray@alsde.edu) or from the ALSDE Web page.

Student rosters are no longer required to be attached to a waiver request. LEAs must retain a copy of the student roster for their records.

Waiver requests may be submitted for the upcoming academic year beginning April 1, and no later than August 1. **No waiver requests will be granted after August 1**, unless they are medical waivers, or critical to a student's graduation status.

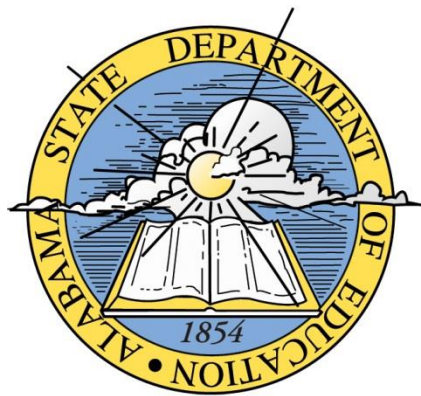
The Individual Education Plan (IEP) team for students with special needs may make the determination if a student will require a waiver. These waivers must follow the same requirements and time frames as other waivers.

Physical Fitness Testing

- All students in Grades 2-12 must be tested (see specifics below).
 - **All Grade 2 students** must be tested. Report only Grade 2 students who are age 8. Do not single out students in Grade 1 who are age 8. Wait until these students are in Grade 2.
 - **All high school students** (Grades 9-12) who are enrolled in a physical education class and receive a grade (credit) for that class must be tested. These classes are:
 - LIFE physical education (Subject Code 240002)
 - Elective physical education classes (Subject Code 240003). These include:
 - Athletic sports
 - Cheerleading
 - Weight training/conditioning
 - Any physical education class after taking the LIFE course
 - Grade 9 students who have a granted waiver from the State Superintendent of Education to allow substitution for marching band, majorettes, flag corps, dance, athletic sport teams, cheerleading, etc.
 - JROTC students who are in Grade 9
- Block schedules test one time during the block and post that data into INow.

Questions?

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Physical Education Elective Examples for Grades 9-12

Subject Code: 24003

Course Name Examples	Example of Course Content	Semester Class Example
Adventure/Cooperative Activities	Orienteeing (compass, map reading, hiking, climbing, camping)	Semester 1: Orienteering Semester 2: Team building and cooperative activities
	Project Adventure	
	Team building and cooperative activities	
Fitness and Conditioning	Aerobics (aerobic exercise, step aerobics)	Semester 1: Aerobics, Pilates, Zumba Semester 2: Self-defense, Weight training
	Pilates (*stretching)	
	Self-defense	
	Weight training (body conditioning, cross training, circuit training)	
	Zumba Spinning	
Beginning Kinesiology	Analyzing skills for effective movement, fitness technology, athletic training	May be taught in one block or for a full year.
Lifetime Activities, Individual or Dual Sports	Archery	Semester 1: Handball, Tennis, Golf Semester 2: Recreational games or Semester 1: Archery, Badminton, Tennis Semester 2: Dance, gymnastics
	Badminton	
	Cycling	
	Dance (line, hip-hop, folk and square, ballroom, etc.)	
	Golf (with clubs, Frisbee golf)	
	Gymnastics (tumbling, floor exercises, etc.)	
	Handball	
	Tennis Recreational games (deck tennis, shuffleboard, bowling, darts, table tennis, croquet)	
Team Sports	Basketball	Semester 1: Rugby, Flag football, Field hockey Semester 2: Team handball, Volleyball, Cricket or Semester 1: Soccer, Volleyball, Flag football Semester 2: Basketball, Lacrosse, Softball
	Cricket	
	Field hockey	
	Flag football	
	Floor hockey	
	Lacrosse	
	Rugby	
	Soccer	
	Softball	
	Speedball	
	Team handball	
	Volleyball	

**Course may not be called Yoga; however, only Yoga technique poses/exercises and stretches may be included in the content. Yoga is prohibited and may not be taught on public school property to public school students, staff, or as part of community education. (Dr. Morton memorandum to County and City Superintendents 6/21/2006 referencing AAC Rule 290-040-040-.02)*