

PHYSICAL EDUCATION

All students are required to take and pass 8 consecutive semesters of Physical Education in order to graduate from Great Neck North H.S. Students who have medical excuses from Physical Education are assigned to regular Physical Education classes, and activities will be adapted according to the recommendation of the physician, school nurse and Physical Education department. According to law, all students must report to physical education when they are scheduled to do so, regardless of the medical problem.

9th Grade Curriculum

This curriculum focuses on all areas of physical education including team sports, weight training, cooperative games, net sports, fitness and ethics in sports. All 9th grade students are required to take this curriculum during their first year at NHS. This is a separate curriculum exclusively for our 9th grade students.

10th – 12th Grade Curriculum

Students in the upper grades are given greater options in their physical education program. In classes with multiple teachers, and/or in team taught classes, each student will be given an opportunity to choose what type of activity they will be taking for each quarter. Choices in 10-12 grades include:

1. **Team Sports** - Football, Basketball, Hand Ball, Broom Hockey, Ultimate Frisbee, Softball and Volleyball.
2. **Net Sports** - Badminton, Pickle ball, Volleyball
3. **Dance** - Salsa, Hip Hop, Modern, Latin, Jazz. Students will choreograph and design dance routines.
4. **Life Fitness Activities** - Cardio Fitness, Strength Training, Yoga, Pilates, Core Strength Training, Spin Classes, Fitness for Life and Interval Training.
5. **Cooperative Games and Project Adventure**

Morning Swim – This class is open to all 10th-12th grade students who have at least a limited proficiency in swimming. This class meets Tuesday & Friday mornings each week from 6:40-7:30 at North Middle School. This class will help to improve swimming efficiency through lap swimming and swimming workouts.

Morning Fitness – This class is open to all 10th-12th grade students who participate in our athletics program. It meets from 6:55-7:45, two times per week in the small gym at North High School. This is a weight training class specifically geared towards improving athletic performance.

P.M. Fitness – This class will place an emphasis on Muscular Fitness, Strength Training, Conditioning for Sport and Advanced Lifting Techniques for those students who have demonstrated competency in basic strength training technique. This class requires pre-approval of the teacher and the physical education department chairperson. The class will meet afterschool from 2:40-3:20 on Tuesdays and Fridays.

INTRAMURALS - SPORT TEAMS

Students are invited to participate in our extensive athletic program as a member of either an intramural or interscholastic team.

Boys and girls who are interested in intramurals which are held each day between 3 p.m. and 4 p.m. should consult with their physical education teacher. In most sports there are also opportunities to try out for positions on the varsity interscholastic teams. Girls may compete on boy's teams as authorized by the Commissioner of Education. A listing of our typical sports offerings is printed on the next page.

INTERSCHOLASTIC SPORTS		
FALL SPORTS (BOYS) CROSS VARSITY & COUNTRY J.V. FOOTBALL VARSITY & J.V. SOCCER VARSITY & J.V. VOLLEYBALL VARSITY & J.V. BADMINTON	WINTER SPORTS (BOYS) WRESTLING VARSITY AND J.V. SWIMMING BASKETBALL VARSITY & J.V. BASKETBALL J.V.B. BOWLING WINTER TRACK & FIELD FENCING	SPRING SPORTS (BOYS) TRACK & FIELD VARSITY & J.V. BASEBALL VARSITY & J.V. LACROSSE VARSITY & J.V. TENNIS J.V.
FALL SPORTS (GIRLS) FIELD HOCKEY SWIMMING TENNIS VARSITY CROSS VARSITY & COUNTRY J.V. VOLLEYBALL VARSITY & J.V. SOCCER VARSITY & J.V.	WINTER SPORTS (GIRLS) BASKETBALL VARSITY & J.V. GYMNASTICS WINTER TRACK & FIELD BOWLING FENCING	SPRING SPORTS (GIRLS) TRACK & FIELD VARSITY & J.V. SOFTBALL VARSITY & J.V. BADMINTON VARSITY VARSITY & LACROSSE J.V.
INTRAMURALS		
BEFORE SCHOOL 7:00 A.M. - 7:50 A.M.	AFTER SCHOOL 2:45 P.M. - 4:30 P.M.	EVENINGS 7:30 P.M. - 9:00 P.M.
CARDIO ROOM A.M. FITNESS WEIGHT TRAINING BASEBALL/SOFTBALL	CARDIO ROOM WEIGHT TRAINING BASKETBALL	BOYS LACROSSE (MONDAY EVE.) SOCCER (WEDNESDAY EVE.)
CLUBS:	ATHLETIC LEADERSHIP	
EVENTS:	FALL AND WINTER PEP RALLY SENIOR AWARDS BANQUETS HOLIDAY WRESTLING TOURNAMENT HOLIDAY BASKETBALL TOURNAMENT	