

7th period PE

Traditionally, students who participate on an after school sports team are placed in a Physical Fitness class during 7th period when their sport is not in season. The best reason for doing so is to minimize the intrusion into academic class time for practice and competition. A problem is that so many students request this schedule that the numbers exceed the limits of our teaching resources and PE facilities. Here are some of the factors involved when we consider requests for 7th period Physical Fitness:

- Practices for almost all sports teams begin after the school day, and would not affect students in 7th period academic classes. Certain sports, however, still require early dismissal for students on game days.
- Many sports—examples include football, volleyball, basketball and lacrosse—play their games in the late afternoon or evening. Participation in these sports would have no effect on a 7th period academic class.
- Some sports, including soccer and baseball, play their games (as determined by the Santa Clara Valley Athletic League) on Wednesdays and Fridays. Under our current block schedule, students in these sports are often compelled to miss time from their 6th period class rather than 7th period. A 6th period Physical Fitness class would make sense for these students.
- Students with no history of school sports participation may be required to demonstrate their ability and/or commitment to participate on a sports team before a schedule accommodation is granted.
- Because the 7th period class is designed for athletes, the expectations and level of rigor are higher than for the typical Physical Fitness class, and may not be appropriate for all students.