



# FRANKLIN COMMUNITY HIGH SCHOOL BLUE REGIMENT Marching Band and Color Guard

## 2022 Fall Physical Education Opt-Out Info

High school marching band and color guard members who successfully complete the requirements for the Physical Education (P.E.) Waiver will receive **one** (1) semester credit towards their physical education class requirement. Credit will be issued for the semester in which the activity occurs.

Two physical education credits are required for graduation. You may **NOT** use the same activity to opt out of both the P.E. I and P.E. II courses. A second physical education credit may be earned by participating in the Franklin Community High School Winter Guard or Indoor Percussion.

There are requirements for both the Instrumental Music Department and Physical Education Department. **ALL** requirements of **BOTH** departments must be fulfilled to earn the course credit.

Requirements for the Instrumental Music Department include attendance at **ALL** July/August band camp rehearsals, **ALL** fall season rehearsals, and **ALL** marching band/color guard performances (football games, parades, and competitions) for the 2022 competitive marching season. The competitive marching season is defined as the first band camp practice (mid-July) until the final performance (late October/early November). A student must participate for the **ENTIRE SEASON** to be eligible for the waiver.

**A STUDENT'S ABSENCE MAY JEOPARDIZE COURSE CREDIT!** Any potential absence must be communicated with the directors well **BEFORE** the absence. Possible absences **MUST** be submitted in writing. Students must also abide by the *Franklin Community High School Extra-Curricular/Co-Curricular Code of Conduct* and *Franklin Community High School Band/Guard Member Handbook* and not have any major discipline referrals. Disciplinary suspensions may result in forfeiture of credit as deemed by the directors.

The requirements for the Physical Education Department include the completion/submission of a daily activity calendar, completion of a minimum of 2 Opt-Out COACH classes, completion of both pre and post-test physical benchmarks (one mile run, sit-ups, and push-ups), and completion of a written exam.

### POST-TEST PHYSICAL BENCHMARKS

	Boys	Girls
<b>One mile run</b>	under 8 minutes	under 10 minutes
<b>Sit-ups (1 minute)</b>	45	36
<b>Push-ups (1 minute)</b>	32	23

The dates of the physical benchmark pre and post-test examinations will be announced at the beginning of each semester. Pre and post-test examinations typically take place during COACH classes. Additional information will be provided by the Physical Education department. **It is very important to stay aware and up-to-date of the requirements/deadlines of the Physical Education department.**

A student who is dismissed from any P.E. waiver activity will be required to enroll in a physical education course to earn course credit.