

Educational Options Application Physical Education Credit Flexibility

Educational Options at WMHS includes learning opportunities and experiences that occur outside the realm of a “normal” school day. We fully realize the educational nature of such ventures, and we encourage students to take advantage of these opportunities by offering credit based on their experiences. Any educational option needs to be **pre-approved** by multiple parties if the high school credit is to be earned. No credit will be granted for retroactive activities. The grade will be **Pass/Fail** and will be awarded by a teacher certified in Physical Education. You have elected to do a Credit Flex Physical Education experience, and to receive a grade and/or credit, the following requirements must be met.

- Completion of the credit flex application (below).
- Completion of at least **60 hours** of documented participation in the approved activity will earn **.25 credit**. A maximum of .5 credit may be earned. The student must complete a log of the physical activity and have the outside coach/instructor sign off on the completion of the hours.
- Conference with the Physical Education teacher regarding participation in the approved activity.

Student Name: _____ Grade: _____ Date: _____

Credit Flexibility Activity: _____

Credit Flexibility Location: _____

Teacher of Record: _____

Credits to be earned through this educational option: .25 or .5 credit

Please circle the length of PE credit flexibility program:

First Semester

Second Semester

Yearlong

Signature of Student

Date

Signature of Parent

Date

Signature of Outside Coach/Instructor

Date

Signature of Counselor

Date

Signature of Administrator

Date

Log of Physical Activity (copy as needed)

Date of Activity	Activity Name	Duration of Time
60 hrs.=.25 credit/120 hrs.=.5 credit	Total # of Hours Completed:	

Coach/Instructor Signature: _____
My signature above confirms that the student completed at least 60 hours of physical activity.

Date of conference with Teacher of Record: _____

Grade Awarded (circle one): Pass Fail Credit Earned (circle one): .25 .5

Teacher of Record signature confirms completion of PE credit flex: _____

Purpose: Completion of this project will demonstrate your ability to apply knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Part 1:

- A. Identify a health related goal you would like to accomplish by the end of this semester. What steps will you take to work towards this goal? Include information about how you will assess your progress and how you will train to reach your goal. You can include information on how you will train, what type of training you will do, your nutrition, ensure proper hydration, get proper rest, and reduce or manage stress. You can also share information on what resources you have available to help you reach your goal, any potential roadblocks to reaching your goal, and how you might overcome those roadblocks.
- B. How can you improve or maintain your current level of physical activity? You could either increase your amount of time, frequency, intensity (moderate/vigorous) or suggest other activities you can use to increase physical activity. Keep in mind you should be getting at least 60 minutes of activity a day.

Part 2:

- A. Collect the data over the semester on the amount of time spent doing the activity you are participating in. Record the data on your log sheet.

Part 3:

- A. Did you achieve at least 60 minutes of physical activity? (Check the best description)

I am physically active every day for 60 minutes with vigorous muscle strengthening activities and bone specific strengthening activities at least three days per week.	I am physically active everyday for 60 minutes, but do not meet the recommended guidelines per week.	I am physically active most days for 60 minutes per day.	I need to increase my amount of physical activity.

Part 4:

- A. Were you able to accomplish your goal for the semester? If yes, explain the factors that helped you be successful. If not, what were the barriers you encountered?

Part 5:

- A. Select one community physical activity facility that is included in the local area and evaluate the potential for this resource to be used in your plan. Evaluate a community facility (fitness centers, gyms) based on its accessibility, affordability, staffing and/or quality.