



PHYSICAL EDUCATION/HEALTH COURSE REQUIREMENTS

Student Name:	
Grade Level:	
Sponsor Teacher:	

PE COURSE REQUIREMENTS

Students may earn a 0.5 elective credit for every 90 hours logged. Additional credits may be earned in 0.25 increments per each additional 45 hours logged up to 1.0 credit per semester (unless the sponsor teacher approves additional credit is appropriate).

The log may be one of the four required work samples per semester. The following list includes examples of additional work samples that may be submitted:

- Picture of the student engaged in the physical activity documented in their course description
- Video of the student engaged in the physical activity documented in their course description
- Documentation of the student's goals set at the beginning of the quarter and a reflection of their goal progress at the end of the quarter.
- A program that lists the student in a competition for the physical activity documented in their course description
- Awards or certificates earned by the student for participation in the physical activity documented in their course description
- Reflection on a news article about physical activity or physical education
- Practice schedules for the physical activity documented in their course description
- Game schedules for the physical activity documented in their course description
- A personal fitness plan

**Please note that if a student is participating in a neighborhood school sport, the student must choose either PE class credit or the K waiver.*

Course work sample requirements can be modified at sponsor teacher discretion