

Jac-Cen-Del High School

Alternative Physical Education I and II Credits

The Indiana State Board of Education has provided flexibility to adapt the high school physical education requirements for students who demonstrate proficiency through other means.

Jac-Cen-Del High School provides the opportunity for students to receive Physical Education credit through participation as outlined below. If a student and his/her guardian wish to exercise this option, the student will be required to adhere to the requirements outlined below.

Requirements:

- Students may earn one (1) credit through completion of two sport seasons in one IHSAA sport, including marching band, cheerleading and dance.
- Students may earn up to two (2) credits through completion of four IHSAA sport seasons, including marching band, cheerleading and dance, and must include participation in at least 2 different activities.
- A complete season is defined as: ***first practice to final event***. The students must remain on the active roster the entire season or the duration of the activity.
- Students must present the PE waiver form to the coach to be completed and return to the guidance office to receive the PE credit.
- Completion of a PE waiver form is mandatory for each PE credit.
- A grade of A will be granted to all students who meet the requirements for alternative credit.

Alternative Physical Education Waiver Form

Student's Name (*please print*) _____ has participated in the following IHSA sports, cheerleading, or dance (please indicate school years in the blank):

_____	Boys/Girls Cross Country	_____	Boys/Girls Golf
_____	Co-Ed Soccer	_____	Girls Volleyball
_____	Boys/Girls Basketball	_____	Boys Baseball
_____	Girls Softball	_____	Girls/Boys Track
_____	Cheerleading	_____	Dance
_____	Marching Band		

Coach's Name (*please print*) _____, please initial that each standard has been mastered. Forms should be returned to the guidance office.

_____ Standard 1: Motor Skills and Movement Patterns
Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

_____ Standard 2: Movement Concepts
Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

_____ Standard 3: Physical Activity
Students participate regularly in physical activity.

_____ Standard 4: Health-Enhancing Physical Fitness
Students achieve and maintain a health-enhancing level of physical fitness.

_____ Standard 5: Responsible Personal and Social Behavior
Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

_____ Standard 6: Value of Physical Activity
Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Student's Signature

Date

Coach's Signature

Date

PE Teacher's Signature

Date