

STUDENT NAME \_\_\_\_\_ ID# \_\_\_\_\_  
SCHOOL \_\_\_\_\_

### **Acalanes Union High School District Independent PE**

The Independent Physical Education program is for highly organized, motivated, and responsible students who were unable to complete athletic PE in the 20-21 school year.

#### **Independent PE for AHS, CHS, LLHS and MHS 2021/22**

- Independent Athletic PE will be offered to 11th grade students who were unable to complete 10 units of athletic PE in 20-21. They should be student athletes who are also able to complete 5 units of athletic PE.
- This is a one time offering in order to mitigate the effects of COVID-19 on athletic sports schedules.
- ACIS students should complete the separate ACIS Independent PE contract with the ACIS coordinator.
- 11th grade Students can earn a maximum of 5 credits of Independent Study PE.
- Students must log 70 hours of independent physical activity for 5 credits. Independent physical activity may be earned through any of the following:
  - Participation on a school team
  - Participation on a club team
  - Activity during a sports camp
  - Independent activity (not related to a team or camp)

The Athletic PE teacher will monitor progression and completion of participation hours. Students must complete a minimum of 70 hours of Independent physical activity during the semester. The grade given to students once they complete the required 70 hours of physical activity will be a Pass (P) and 5 credits will be awarded.

Students taking athletic PE cannot use the same hours for independent physical education.

Students will record hours of actual activity/practice/conditioning and games/matches on the Independent PE Timecard.

Students may count up to 4 hours of activity per day or up to 3 hours on a day of a contest/competition.

Timecards will be collected by the Athletic PE teachers in the counseling office at each site.

I have read the regulations for the Independent Physical Education Program and agree to abide by this contract. I understand that failure to follow the contract will result in loss of all credit. This contract and timecard is the responsibility of the student/athlete to complete.

\_\_\_\_\_/\_\_\_\_\_  
Student Signature                      Date

\_\_\_\_\_/\_\_\_\_\_  
Parent /Guardian Signature                      Date