**Bremen High School**

**Alternative Physical Education II Credit (P.E. Waiver)**

*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. The Indiana Academic Standards for Physical Education will still be required; but, schools have flexibility in adapting the P.E. curriculum to determine proficiency.*

**Program Requirements:**

* All students will be expected to complete one trimester of Physical Education I either during the summer session @ BHS, Term #1, or Term #2 of their freshmen or sophomore year of high school.
* Physical Education II, a second trimester of P.E., is also a required course for graduation; however, this credit can be earned by completing a season of an IHSAA sanctioned sport or a cheerleading, color guard, or marching band season during a student’s freshmen or sophomore year. Students transferring into the school district after their freshmen year must complete the PE II requirement by the conclusion of their junior year @ BHS. An online course to satisfy the P.E. II requirement would need to be pre-approved by the BHS Administration.
* The student requesting the waiver must meet the physical education standards as defined by the Indiana Academic Standards for Physical Education (see attachment).Most of the required standards will be included in the required Physical Education I trimester (12-week course).
* A complete season definition: *“Be an active member of the roster from the first practice to the final event for the entire season or the duration of the activity. Disciplinary or Academic Suspensions from the organization may result in forfeiture of credit as determined by the coach, director, sponsor, or administration. The student will participate regularly in physical activity, demonstrated by participation in over 90% of group activities (injury-free), or 66% due to a major injury (a physician signature required).*
* Retroactive credits will not be given for seasons prior to the 2016-17 school year, and eligibility for the alternative P.E. credit will begin with the Class of 2020 (the freshmen of 2016-17) AND any upperclassman who was not enrolled at BHS during the previous (2015-16) school year.
* The Principal, the P.E. Department Chairperson, and the Sponsor of the organization will collaborate to determine whether standards will be met for each candidate petitioning for a waiver.
* At the conclusion of the season of activity, the coach, director, or sponsor of the organization will provide a roster of eligible students to the Guidance Department. The designated Guidance Counselor will confirm successful participation and place the credit on the student’s transcript as a trimester grade, and the letter grade will be the same grade that the student earned in P.E. I.
* An “F” grade will not be placed on the student’s transcript for the Alternative PE credit. A passing grade in both PE I and PE II is a diploma requirement*.*
* A student who fails to complete the season due to an injury/illness, as documented by a physician’s signature, will have one more opportunity to compete this alternative program.

**The Student Must:**

1. Communicate his/her intention to participate in the Alternative Physical Education Credit option during the course selection process that occurs each spring. School counselors will monitor this process.
2. Complete, sign, and return the “Alternative Physical Education Credit Pledge” (see attachment) prior to August 31 for the fall season and January 31 for the winter/spring seasons (check the contract for a list of sports/activities that are assigned to each season). This document should be returned directly to the Guidance Department.
3. At the conclusion of the season or activity, a schedule of practices and games/events must be submitted to the Guidance Department, along with a 300-word (minimum), typed, reflection paper of the student’s participation in the sport or activity. These documents, submitted to the Guidance Department on the final day of the trimester in which credit is expected, should focus on completing one of the three following statements:

* Through participation in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ season, I learned the value of lifetime fitness. Here are examples of what we did during the activity and how they relate to a lifetime of fitness…
* Here are five emotional or mental benefits I gained by participating in regular physical activity during the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ season.
* After speaking with five students who participated in the same activity with me this season, I determined that the reason we chose this activity was...

**Guidelines established in January of 2016**