

NORTH COLONIE CENTRAL SCHOOL DISTRICT
THE ALTERNATIVE PHYSICAL EDUCATION PROGRAM OFF-CAMPUS PROGRAM
SHAKER HIGH SCHOOL

A student may receive Physical Education credit for participating in an approved off-campus activity program, under the following conditions:

Recreational activities are encouraged by the Physical Education Department, outside the normal school day. However these recreational activities may not qualify for extra class exemptions. The Physical Education Department expects all students to participate in a fitness program or sport activity outside school on a daily basis. The Off Campus activity must be one that is not offered at Shaker High School.

STUDENT QUALIFICATIONS:

- (1) The program is available to Juniors and Seniors **only**.
- (2) A maximum of two (2) quarters of off-campus credit per/year will be accepted.
- (3) A minimum of two and one-half hours (2 ½) per/week must be spent in the activity program. Attendance must be on a regular basis.
- (4) The length of time spent in an off-campus activity program must correspond to Shaker High School's normal ten-week marking periods, during the regular school year.
- (5) These students applying must have achieved a physical education grade average of 85 or better, and have exhibited above average citizenship and participation level in the regular physical education program.
- (6) If a grade for the quarter is not submitted by the end of the quarter, a grade of 50 will be given and the off-campus exemption will be terminated immediately.

PROGRAM QUALIFICATIONS:

- (1) The Off-Campus Program must be an activity that is not already offered in our regular physical education or athletic department program. Exceptions may be made if the instruction is at an advanced level. The students must have participated on the School Team in that sport in order to qualify. See criteria under Exemption for Advanced Level Status.
- (2) Qualified adult instruction must be provided by the outside agency, and the instruction offered must meet with the approval of the Department of Physical Education.
- (3) The student is responsible for his/her own transportation to and from the outside agency, thus it is recommended that the agency be located within the Tri-City area.
- (4) The agency instructor must submit a 10/20 week unit plan, and a sample daily lesson plan before approval will be granted. The instructor must submit a recommended grade at the completion of each 10-week grading period.
- (5) If a student terminates the outside agency instruction, it is the dual responsibility of the student and the agency to notify the director, HPEA for reassignment immediately to the regular Physical Education School Program.
- (6) The Program Coordinator will make an effort to visit each off campus agency at least once each ten-week period.
- (7) A completed application/request for off-campus instruction must be submitted five (5) days after the start of the quarter.

NORTH COLONIE CENTRAL SCHOOL DISTRICT HPEA DEPARTMENT

**APPLICATION FOR ALTERNATIVE PHYSICAL EDUCATION
INSTRUCTION (OFF-CAMPUS)**

SCHOOL YEAR: 2009-10

NAME _____ Grade _____ Homeroom _____
SCHOOL _____ Guidance Counselor _____
Date _____ Instruction In: _____
Instructor/Organization _____
Where Will Instruction Be Given? _____
When Instruction Will be Performed (Dates/Times) _____

Days of the Week _____ Starting Date _____
Completion Date _____ Total Lessons Offered _____
Quarter Offered (circle) 1 2 3 4

Signature of Off-Campus Instructor _____

Address and Phone Number of Off-Campus Instructor _____

If permission is granted for me to take this instruction, I agree to assume all responsibilities to successfully complete the instruction.

Student Signature _____

I hereby agree to assume any and all costs connected with the instruction listed above, and give permission for my child to take this out-of-school instruction in place of his/her regular physical education class for the quarter specified. I realize that North Colonie Central School District is not liable for any action of the sponsoring organization or its employees.

Parent or Guardian Signature _____

Previous P.E. Grade Average (2 years) _____

Current P.E. Teacher Signature _____

{ } APPROVED
{ } DENIED

Director of Physical Education Signature _____

Date _____

SHAKER HIGH SCHOOL

Note: This form needs to be completed by the off-campus instructor and returned to Edward E. Dopp, Director of P.E. & Athletics (Shaker High School), before the end of each ten-week marking period.

**EVALUATION FORM FOR ALTERNATIVE INSTRUCTION (OFF-CAMPUS)
PHYSICAL EDUCATION**

STUDENT NAME _____ **GRADE** _____ **HOMEROOM** _____

AREA OF INSTRUCTION _____

INSTRUCTOR OF OFF-CAMPUS SIGNATURE AND PHONE NO. _____

(PRINT NAME OF INSTRUCTOR) _____

DATES INSTRUCTION TOOK PLACE FROM _____ **TO** _____

TOTAL NUMBER OF LESSONS _____

TIMES ABSENT _____

RECOMMENDED NUMERICAL GRADE _____

COMMENTS _____

PROGRAM REQUIREMENTS FOR OFF-CAMPUS PHYSICAL EDUCATION
PROGRAM
(OFF-CAMPUS PHYSICAL EDUCATION PROGRAM)

COURSES PREREQUISITES - The following information must be submitted before consideration is given of the application. The student **MUST** attend physical education classes until approval is given.

- _____ Completed Application
- _____ Qualifications of the Instructor
- _____ Description of the Instruction
- _____ Physical Fitness Requirement
- _____ Competition Schedule (if applicable)
- _____ Register in class with a physical education teacher
- _____ Meeting with the Director of Physical Education

QUALIFICATIONS OF THE INSTRUCTOR –

1. Educational background.
2. Experience in this activity.

DESCRIPTION OF INSTRUCTION –

1. Goal of the instruction.
2. A ten-week outline.
3. Sample daily practice (lesson) plan.

PHYSICAL FITNESS REQUIREMENT – Two fitness levels must be achieved during the first week of the quarter.

1. Cardiorespiratory Endurance/Muscular Endurance
Select One
 - a. Swim 500 meters in less than: 9:30 min. girls; 9:00 boys.
 - b. Run one (1) mile in less than: 9:00 min. girls; 8:00 boys.
 - c. Row eight (8) minutes of a distance of:
1600 meters girls; 1700 meters boys.
2. Muscular Strength
Select One
 - a. Pull ups/Bent Arm Hang; 7 pull-ups (boys); 10 seconds arm hang (girls).
 - b. Bench press (seated or prone); boys 75% of body weight 5 times; 60% of body weight 5 times.

WRITTEN REPORT

Due one week before the end of the quarter to your physical education teacher. Your two-page maximum report should include answers to the following questions:

- (1) How did this instruction meet your personal goals? Why did it not?
- (2) Did you enjoy your experience and why? Would you do it again?
- (3) Was this instruction a good value for the money and time you spent?
- (4) How many other students were receiving instruction at the same time you were? Why was this helpful or harmful to your success?
- (5) How did this instruction improve your physical fitness in the areas of cardiorespiratory endurance, flexibility, muscular strength, muscular endurance and body composition?

DAILY LOG

A written daily log must be submitted two times each quarter at the end of four (4) weeks and before the end of the quarter to your physical education teacher.

- a. Dates.
- b. Time spent on activity/instruction.
- c. List of activities.
- d. Instructors signature.

EXEMPTION FOR ADVANCED LEVEL STATUS

Our athletes currently participate in a variety of sport clinics, camps, and private lessons. This participation allows them to gain a strong competitive advantage in our athletic program. Private lessons or coaching sessions may not qualify for physical education exemption.

The following criteria must be met for advanced level participation:

1. The team must be a regional, select team (all star) where try-outs and cuts are made.
2. An individual athlete should be ranked at a national, regional, or state level.
3. Regular competition at an advanced level.
4. Practice must be on a daily basis.