THE ALTERNATE PHYSICAL EDUCATION PROGRAM – OFF-CAMPUS PROGRAM - SHAKER HIGH SCHOOL

A student may receive Physical Education credit for participating in an approved off-campus physical 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 of 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 Seniors only.
(2) A maximum of two (2) quarters 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 10 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 or below 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 physical education, athletic department program, or any extracurricular activity offered at Shaker High School.
(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 of Physical Education for immediate reassignment to the regular Physical Education Program.
(6) A completed application/request for off-campus instruction must be submitted five (5) days after the start of the quarter.
APPLICATION FOR ALTERNATIVE PHYSICAL EDUCATION INSTRUCTION (OFF-CAMPUS)

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/Guardian Signature _______________________________________________________
Previous P.E. Grade Average (two years) ______________________________
Current P.E. Teacher Signature ___________________________________________________

( ) APPROVED  ( ) DENIED

Director of Physical Education Signature ___________________________________________
Date ____________________________
SHAKER HIGH SCHOOL

This form needs to be completed by the off-campus instructor and returned to the Director of Physical Education (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 NAME AND PHONE NUMBER _________________________________

INSTRUCTOR SIGNATURE ________________________________________________

DATES INSTRUCTION TOOK PLACE FROM ___________ TO _________________

TOTAL NUMBER OF LESSONS ____________________________

TIMES ABSENT ____________________________________________

RECOMMENDED NUMERICAL GRADE __________________________

COMMENTS ______________________________________________________________________
PROGRAM REQUIREMENTS FOR OFF-CAMPUS PHYSICAL EDUCATION PROGRAM

COURSE 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/schedule physical education class at Shaker High School (on schedule)
______________ Meeting with the Director of Physical Education

QUALIFICATIONS OF THE INSTRUCTOR:

   Educational Background
   Experience in this activity

DESCRIPTION OF INSTRUCTION:

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

PHYSICAL FITNESS REQUIREMENT – The student must complete the North Colonie Physical Fitness post-test and at least an overall fitness level of three on the North Colonie Fitness Assessment to qualify for an off-campus program.

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 cardio-respiratory 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. Instructor's Signature.

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