

Physical Education Credit Flex

Credit Flex is designed for students who are busy with other classes during the school day and have no time for physical education in their schedules. Credit Flex is a self-paced way of earning $\frac{1}{4}$ credit of physical education. The following criteria must be met to successfully complete program.

First, a student must submit an outline of activities that he or she will do to earn the credit. Give this to your high school counselor. The outline must include the following:

-It must contain at least **five unique activities**.

-The five activities must total at least **sixty hours** of physical exertion.

-An **adult who is not a parent must sign off** of each activity, or a score card must be presented. Generally, a log is kept that an adult may sign as verification of completion. Pictures can be presented too.

-After all of the activities have been completed, a **portfolio/journal** must be submitted to your high school counselor. This portfolio will contain the proposal and all documentation of the hours that you spent on the Credit Flex.



SEE BACK SIDE OF PAPER FOR AN EXAMPL OF AN OUTLINE/PROPOSAL

Your five proposed activities must total sixty hours and be documented by an adult in charge, someone who is NOT a family member. No required school practices can be used for the flex credit.

OUTLINE/PROPOSAL EXAMPLE:

1. **Dance Class:** I will take a lyrical dance class with the Dance Centre for one hour a week for the semester. The dance instructor will document my attendance log with a signature. (15 hours)

2. **Yoga Class:** I will attend yoga classes at St. Joseph's Church twice a week for the duration of the semester. The yoga instructor will sign off on my attendance log. (20 hours)

3. **5K Races:** I am registered for the YMCA Monster Dash, the Couch to 5K and the Ugly Sweater Run. I will present a race receipt, race tag number and time printout as documentation. (1.5 hours)

4. **Bowling:** I will bowl four games Astro Lanes with my family and present a receipt and score card for each game. I will bowl on three different occasions. (5 hours)

5. **Golf:** I will golf eighteen holes at Wapakoneta Country Club with my family on three different occasions. I will present a receipt and score card for documentation. (12 hours)

6. **Fit Linxx:** I will go to the Y and workout on the treadmill and other fitness equipment throughout the fall that are part of the Fit Linxx program. I will provide readout of my hours spent doing Fit Linxx and have a Y staff member sign my attendance log. (15 hours)

WAPAKONETA HIGH SCHOOL

FLEX CREDIT APPLICANT

Name: _____

Grade: _____

Administration:

1. Contact Information of the reviewer:

Scott J. Minnig
419-739-5200
minnsc@wapak.org

2. This proposal is _____ approved as written

_____ not approved—complete revision

_____ approved with these changes

Changes: _____

Signed: _____ Date: _____

Teacher of Record: _____

Wapakoneta High School
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