



## **PHYSICAL EDUCATION - 2016-2017**

### **OVERVIEW OF POLICIES & REQUIREMENTS**

Gateway High School students are required to complete 240 hours (or 20 credits) of supervised physical activity in order to graduate. Student-Athletes will be given credit for their participation on interscholastic sports teams and do not need to keep track of their hours for their season(s) of sport. Credit allocations are as follows: 10 Credits (120 hours) for full participation in Varsity sports and for Boys JV Basketball, 7.5 credits (90 hours) for Girls JV Volleyball. Students may also earn PE credits from specific Project Week activities. Credited PW Courses from 2015-2016 include: A Question of Sport, Beginners Guide to Camping, Boxing, Gardening for A Healthy Planet, Golden Gate Park Adventures, Mindfulness: Meditation & Yoga, & Surf's Up! 2016-2017 Project Week activities that will award PE credit will be announced before Project Week registration.

Those who complete supervised exercise outside Gateway are responsible for filling out a Physical Education Alternate Activity Record with dates and times of physical activity and the signature of their supervisor/coach. Parents or relatives may not sign off on completed hours without a pre-approved Parent Sign Off Application. This Parent Sign-Off Application must be renewed with each completed Alternate Activity Log and requires the student and parent to agree upon and monitor progress towards at least three stated and measurable fitness goals. These goals should reflect and inspire continued effort by the student to improve his/her performance during physical activity and should be revisited before each completed sheet is turned in for credit.

Students who go to a gym or fitness center may have the facility manager print out their login sheet and sign it for credit. Other acceptable supervised activities include participation in the Girls Run Gateway Club or in "Houseball" intramurals at Gateway, yoga, Pilates, dance, rock climbing, martial arts, participation on a sports team outside of Gateway, a job or internship that requires strenuous physical exercise, or participation in selected project week activities. If you have any questions about the validity of an alternate activity for PE credit, please do not hesitate to ask. Gateway does offer one PE Class elective for sophomores, juniors, and seniors, the availability of which is limited to 24 students each semester.

Students have until five days before their graduation to have completed all of their hours and to have submitted (and had approved) all of their alternate activity records. If hours are not completed, seniors may participate in the graduation ceremony, but diplomas will not be issued until hours are completed. Physical Education Alternate Activity Records should be turned in as soon as possible for entry to the online system, to transcript, and to avoid losing track of hours or sheets. They may be scanned/mailed at any time. Forging these forms is a serious infraction and will be dealt with by Gateway's administration accordingly. All completed Physical Education forms are subject to review.

"Physical Education Alternate Activity Records" are available in Gateway's main office, outside of Room 108, and are posted for download on Gateway's website on the Physical Education page.

Completed forms should be turned in to Coach Flynn's mailbox, handed to him directly, or scanned/mailed to [sflynn@gatewayhigh.org](mailto:sflynn@gatewayhigh.org). Once approved, hours are entered to a Google spreadsheet and are entered to transcript once during the Christmas break and again at the end of the school year. All Gateway students will have access to the Google form through their student email account, so they can monitor their progress at any time. Parents may have access to this form upon request, as well. All completed forms will be kept on file for future reference.