



GATEWAY HIGH SCHOOL

PHYSICAL EDUCATION – 2016-2017
ALTERNATIVE ACTIVITY PARENT SIGN-OFF APPLICATION

In order for a parent or guardian to sign-off on a student's completed PE hours, both student and parent must fill out a new form for every school year and read and agree to the following conditions:

1. The student must get at least 90 minutes of exercise every week throughout the calendar year or 2 hours each week if he/she only exercises and keeps track during the school year.
2. Parent/Guardian must sign for each session at the time of completion rather than signing off on a series of hours or on one whole completed sheet all at the same time.
3. The exercise performed by the student must be strenuous enough to elevate his/her heart rate to the recommended level for his/her age for a sustained amount of time.
 - » To find recommendations for specific ages, visit <http://www.webmd.com/fitness-exercise/healthtool-target-heart-rate-calculator>.
4. Student and Parent/Guardian must establish and record goals for improvement over time (e.g. going longer distances, losing weight, strength test performance or heart rate improvement or something similar).
5. Goals must be included below and progress monitored and recorded with returned PE Hours sheets.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Printed Name of Student _____

Activity _____

Student Signature _____ Date _____

Parent Signature _____ Date _____

Athletic Director Signature _____ Date _____