

THE CENTER SCHOOL
Seattle Public Schools

Alternative Learning Contract for Physical Education Credit

Earning PE Credit for an Alternative Learning Contract for Physical Education will be based on satisfactory completion of the following:

- Completed contract packet with signatures from both an **outside sponsor** and a **school sponsor**.
- Completion of a **fitness plan** including physical fitness goals and a fitness/workout program.
- A **detailed journal** indicating the number of hours spent on the activities (75hrs = 0.5credits).
 - o **Please Note:** Students need 225hrs/1.5 physical education credits to graduate.
- This form will be used to reflect 75 hours or the equivalent of 0.5 credits of physical education.
- A **written reflection** that includes what was learned/achieved during the experience.

I have satisfactorily completed all requirements listed above for the Alternative Learning Contract for Physical Education Credit.

Beginning Date _____ Ending Date _____ Total Hours _____

Student Name (printed) Student Name (Signature) Date

Student ID# _____

Completion Approval Signatures:

School Sponsor (name printed) School Sponsor (Signature) Date

Outside Sponsor (name printed) Outside Sponsor (Signature) Date

Essential Academic Learning Requirements—Health and Fitness

1. The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.

To meet this standard, the student will:

- 1.1. Develop fundamental and complex movement skills as developmentally appropriate.
- 1.2. Safely participate in a variety of developmentally appropriate physical activities.
- 1.3. Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.
- 1.4. Understand the relationship of nutrition and food nutrients to physical performance and body composition.

2. The student acquires the knowledge and skills necessary to maintain a healthy life: recognize patterns of growth and development, reduce health risks, and live safely.

To meet this standard, the student will:

- 2.1. Recognize patterns of growth and development.
- 2.2. Understand the concept of control and prevention of disease.
- 2.3. Acquire skills to live safely and reduce health risks.

3. The student analyzes and evaluates the impact of real-life influences on health.

To meet this standard, the student will:

- 3.1. Understand how environmental factors affect one's health (air, water, noise, chemicals).
- 3.2. Gather and analyze health information.
- 3.3. Use social skills to promote health and safety in a variety of situations.
- 3.4. Understand how emotions influence decision-making.

4. The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

To meet this standard, the student will:

- 4.1. Analyze health and safety information.
- 4.2. *Develop a health and fitness plan and a monitoring system.***

Please Note:

- **Items #2 and #3** are covered in your Health Class and **not relevant to** the Alternate Learning Contract for PE Credit.
- The item **italicized in Item #4** is the learning requirement for this independent study.

Alternative Learning PE Fitness Plan

Physical Education Objectives

- The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness and nutrition.
- The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

PHYSICAL FITNESS GOAL #1

Fitness/Workout Program

Warm Up/Cool Down Activities:

Detailed description of the workout activities (performance objectives) including the FIT Principle (Frequency, Intensity, and Time – see below for definitions) and how it relates to your goal.

Description of how you will measure and evaluate progress toward your goal.

PHYSICAL FITNESS GOAL #2

Fitness/Workout Program

Warm Up/Cool Down Activities:

Detailed description of the workout activities (performance objectives) including the FIT Principle (Frequency, Intensity, and Time – see below for definitions) and how it relates to your goal.

Description of how you will measure and evaluate progress toward your goal.

F•I•T Principle

Frequency How often you should perform each workout activity

Intensity The degree of strength at which you will perform each workout activity

Time The length of time you will perform each workout activity and the number of days per week

Alternative Learning PE Fitness Plan Journal

Month of: _____ (Make additional copies of this page as required.)

Date	Activity	Time Length

Date	Activity	Time Length

Date	Activity	Time Length

Date	Activity	Time Length

