



**PHYSICAL EDUCATION – 2018-2019**  
**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. 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.
2. 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>.
3. Student and Parent/Guardian must establish and record THREE STATED AND **MEASURABLE** goals for improvement over time (e.g. going longer distances, losing weight, strength test performance or heart rate improvement or something similar).
4. Goals must be included below and progress monitored and recorded with returned PE Hours sheets.

Activity: \_\_\_\_\_

Goal 1: \_\_\_\_\_

How are you going to measure Goal #1? \_\_\_\_\_

Goal 2: \_\_\_\_\_

How are you going to measure Goal #2? \_\_\_\_\_

Goal 3: \_\_\_\_\_

How are you going to measure Goal #3? \_\_\_\_\_

**Printed Name of Student** \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Athletic Director Signature \_\_\_\_\_ Date \_\_\_\_\_