

STUDENT NAME _____ ID# _____
SCHOOL _____

Acalanes Union High School District Independent PE

The Independent Physical Education program is for highly organized, motivated, and responsible students who were unable to complete athletic PE in the 20-21 school year.

Independent PE for AHS, CHS, LLHS and MHS 2021/22

- Independent Athletic PE will be offered to 11th grade students who were unable to complete 10 units of athletic PE in 20-21. They should be student athletes who are also able to complete 5 units of athletic PE.
- This is a one time offering in order to mitigate the effects of COVID-19 on athletic sports schedules.
- ACIS students should complete the separate ACIS Independent PE contract with the ACIS coordinator.
- 11th grade Students can earn a maximum of 5 credits of Independent Study PE.
- Students must log 70 hours of independent physical activity for 5 credits. Independent physical activity may be earned through any of the following:
 - Participation on a school team
 - Participation on a club team
 - Activity during a sports camp
 - Independent activity (not related to a team or camp)

The Athletic PE teacher will monitor progression and completion of participation hours. Students must complete a minimum of 70 hours of Independent physical activity during the semester. The grade given to students once they complete the required 70 hours of physical activity will be a Pass (P) and 5 credits will be awarded.

Students taking athletic PE cannot use the same hours for independent physical education.

Students will record hours of actual activity/practice/conditioning and games/matches on the Independent PE Timecard.

Students may count up to 4 hours of activity per day or up to 3 hours on a day of a contest/competition.

Timecards will be collected by the Athletic PE teachers in the counseling office at each site.

I have read the regulations for the Independent Physical Education Program and agree to abide by this contract. I understand that failure to follow the contract will result in loss of all credit. This contract and timecard is the responsibility of the student/athlete to complete.

_____/_____
Student Signature Date

_____/_____
Parent /Guardian Signature Date