

GREAT VALLEY HIGH SCHOOL
225 N. Phoenixville Pike / Malvern, PA 19355

ALTERNATIVE CREDIT FOR PHYSICAL EDUCATION VERIFICATION OF PROGRAM COMPLETION

The purpose of this document is to certify completion of the Alternative Credit for Physical Education program. The Great Valley School District allows students to participate in alternative activities to be applied toward the District's Physical Education credit requirements when such activities are aligned to the Pennsylvania Academic Standards for Physical Education, under the direction of an adult supervisor, and where students engage in the alternative activities for a minimum of thirty-five (35) hours in a semester.

As outlined in Board Policy 105.4, the following Academic Standards must be fulfilled through the approved alternative activity. Students will be able to:

- Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
- Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
- Evaluate factors that affect physical activity and exercise preferences of adults.
- Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
- Assess and use strategies for enhancing adult group interaction in physical activities.
- Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
- Evaluate the impact of practice strategies on skill development and improvement.
- Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- Evaluate movement forms for appropriate application of scientific and biomechanical principles.
- Analyze the application of game strategies for different categories of physical activities.

Section A (To Be Completed by Adult Supervisor)

1. Student's Name (please print) _____
2. Sponsoring Organization or Individual _____
3. On a separate sheet of paper, attach a description of the alternative activity completed by the Student. Include information regarding the duration, frequency, and content of alternative activity, as well as any other relevant information.
4. Date of Program From: _____ To: _____
5. Hours of Physical/Instructional Activity _____

6. Have all of the Academic Standards listed above been met in connection with Student's participation in the alternative activity? (check one) YES No

If **No**, explain: _____

7. Recommended Grade for Program Completion (check one) S (Satisfactory) U (Unsatisfactory)

Rationale for Grade _____

Print Name of Adult Supervisor _____

Signature of Adult Supervisor _____

Phone _____ Email _____

Date _____

Section B (To Be Completed by Parent/Guardian)

In signing below, I acknowledge that I have reviewed the information contained in this verification form and the related attachments and further represent that it accurately reflects my child's participation in the above described alternative activity to the best of my information, knowledge and belief.

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____

Phone _____ Email _____

Please have your child return this completed and signed form to the main office at Great Valley High School prior to the dates listed in the administrative guidelines.

Section C (To Be Completed by Principal or Designee)

Physical Education credit for student's participation in the above detailed alternative activity is:

Approved Denied

Comments: _____

Number of Credits Awarded: _____

Principal Signature _____ Date: _____