



Urban School of San Francisco Outside Physical Activity Form

The outside activity is intended for students who are already pursuing or wish to pursue an activity that is not offered at Urban. In order to receive 1 credit, the time spent on the activity must be no less than 20 hours throughout the term. If less time is spent, no credits will be earned for this term. This form must be completed and returned to the Athletics Department by the last day of the term.

STUDENT NAME: _____

GRADE: (Circle One) 9 10 11 12

TERM: (Circle One) FALL WINTER SPRING

YEAR: _____

Please describe the activity you have completed:

Hours:

Hours per week: _____

Total hours completed: _____

Instructor / Coach

Name: _____

Signature: _____

Phone Number: _____

Parent Signature: _____