

PE Alternative Policy



Upper School physical education goals and objectives focus on:

- helping students acquire and refine skills that will enhance their quality of life through a physically active and healthy lifestyle.
- introduce students to a variety of units and skills, so that they can explore and discover activities that fit their needs.

School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor, and social skills, and provide instruction in a safe, supportive environment.

Students who meet the minimum threshold for participation in and/ or contribution to the Friends Academy **physical education and athletic program** (participate in at least one trimester of Physical Education or JV or varsity interscholastic sport) and are involved in an extensive athletic program outside of school may fulfill his/her Physical Education requirement through a PE Alternative. **This alternative is valid for up to two trimesters only.**

In order to qualify for an alternative, all of the following criteria must be met:

1. A student must be in **grades 10-12**.
2. They must train for an average of 20 hours a week or more.
3. They must be a student in [good standing within the physical education program](#) as reflected by a P&SR grade of 80% or more from the most recent semester.
4. They must be in a program that is selective.
5. At the end of each week (every Monday) the student must submit a journal to the Director of Physical Education detailing the week's practice and experience, including hours logged. This must be signed by their coach.
6. A letter from the student's instructor/coach detailing (i) the level of expertise and (ii) the planned number of hours per week in physical training as well as a day to day plan of the program. This letter must include a **copy of the coach's resume and/or biography**, outlining their qualifications to oversee said program.
7. A factor in this decision would be the nature of his/her academic load, and how involved the student is in the life of the school.

The PE Alternative application will be reviewed by a committee comprised of the Director of Academic Affairs, the Director of Physical Education & Athletics, US Principal, and two Physical Education teachers.

Students who are granted an alternative program, who then do not meet the conditions will receive an INC grade in physical education for that semester. The INC grade will not be removed until the student has satisfied the requirements for a full trimester of Physical Education class.

Application Process for PE/Athletics Alternative

Student Name:

Current Grade:

What of the options below are you requesting?

- | | | |
|----|----------------------------|----------|
| 1. | One Trimester Alternative | Season: |
| 2. | Two Trimester Alternative: | Seasons: |

Which season do you plan to participate in the Friends Academy physical education/ athletics program:

Do you plan to take PE or a sport? If a sport, which one:

Please name and describe the athletic program you participate in outside of Friends Academy:

How many hours per week are you typically engaged in activities related to this program?

Name of Coach:

Please submit this form, along with the items listed below, to Al Quackenbush, Director of Athletics at alan_quackenbush@fa.org. Following application review by committee, you and your parents will receive a communication regarding the status of your application.

- Letter from Coach detailing level of experience and time commitment
- Coach's resume and/or biography
- Grade report from current or last semester (if summer)