

PUBLIC SCHOOLS OF EDISON TOWNSHIP
OFFICE OF CURRICULUM AND TECHNOLOGY
ALTERNATE PHYSICAL EDUCATION

OPTION II

2021 – 2022

Edison High School and J.P. Stevens High School

Option II provides students with the opportunity to meet the New Jersey Core Curriculum Content Standards in a setting other than the traditional classroom. Participation in a competitive, **elite level** outside program such as Gymnastics, Ice Skating, etc. can be used as an alternative to a daily physical education class. In order to receive approval and credit for Physical Education under Option II:

- The student must complete the PE Option II Application Form and return the form to the Physical Education Supervisor for approval **by June 4th, 2021**. (Students currently in the program ***MUST REAPPLY EVERY YEAR***)
- The program must satisfy the New Jersey Student Learning Standards (NJSLS) for Health and Physical Education. The NJSLS may be found on the NJ Department of Education website [here](#).
- The program must be taught/organized by a qualified professional/person.
- The program must be a full year and satisfy NJ State Statute 18A: 35-5, 7 and 8 which requires 150 minutes of participation in physical education weekly.
- The student **will not be exempt from Drivers Education or Health**.
- Students receiving approval for Option II PE will be placed in STUDY HALL for three marking periods and Health/Driver's Education for the remaining quarter.
- Grading is PASS/FAIL based on the professional judgment of the students' Physical Education teacher.

A student who is granted permission for Option II Physical Education will be required to:

- Maintain a log of hours to be submitted weekly to their assigned Physical Education Teacher. Both the student and their coach/advisor must sign the log. A form will be provided for this purpose.
- Complete and submit to their teacher a weekly journal entry. This journal entry will:
 - Indicate both a specific Physical Education Standard and a Cumulative Progress Indicator (CPI) that is applicable to their activity
 - Write a minimum of two paragraphs to support how and what they did to achieve proficiency in the CPI.
- Students are responsible for meeting the minimum of 150 minutes per week requirement.
- Students must explain the link to the PE NJSLS in their journal.

PUBLIC SCHOOLS OF EDISON TOWNSHIP

Physical Education Option II Application

STUDENT' NAME _____ GR. _____ SCHOOL _____ ACTIVITY _____

Please follow all of the directions and go through each step of the application. If at any point the respondent cannot truthfully answer yes to any question in Step 1-4, it indicates that the application will not be accepted.

Step I: The Activity

Circle Y for Yes / N for No for each item

- Y or N 1. Is it an individualized activity? Name of activity _____
- Y or N 2. Does it include intensive training in preparation for competition at a high level?
- Y or N 3. Is the activity recognized by the NFHS (National Federation of High School Sports)?
- Y or N 4. Does the activity occur outside of regularly scheduled Edison Township curricular and extra-curricular programs?
- Y or N 5. Does the activity occur during the school calendar year? (September 1 – June 1)
- Y or N 6. Does the activity occur a minimum of 5 consecutive months in duration?
- Y or N 7. Does it include a minimum of 3 regularly scheduled practices/competitions per week?
- Y or N 8. Do the weekly practices/competitions meet or exceed Edison Township minimum of 150 minutes per week?
- Y or N 9. Does the activity include organized competition and/or performances?
- Y or N 10. Is the activity being supervised by a nationally accredited/certified coach?

Step 2: The Student

Circle Y for Yes / N for No for each item

- Y or N 1. Is the athlete a nationally ranked individual in their sport? National Ranking _____
List the website or organization that can verify the national ranking? _____
- Y or N 2. Does the student have a current GPA at or above 2.5? Current GPA _____
- Y or N 3. Did the student achieve a final grade of an A or B in PE-I? Final PE-I Grade _____
- Y or N 4. Did the student achieve a final grade of an A or B in PE II? Final PE-II Grade _____
- Y or N 5. Did the student achieve a minimum of 30 credits in the previous school year?
Credits earned in the previous school year _____

Step 3: The Parent/Guardian

Circle Y for Yes / N for No for each item

Does the parent/guardian acknowledge that if the request is approved that:

Y or N 1. this request is for one PE course for one specific school year?

Y or N 2. the student will be placed in a study hall?

Y or N 3. it will be noted as "Option II" credit on the student transcript?

Y or N 4. it will **not** exempt the student from Health education?

Y or N 5. that if the student is unable (for any reason) to continue in the alternative activity the parent/guardian must inform the student's counselor within 1 week of cessation of the activity – then the student is place back in PE

Y or N 6. the student's failure to complete the program could affect their graduation status?
(NJ required course for graduation).

Step 4: The Coach

Circle Y for Yes / N for No for each item

Does the coach acknowledge that:

Y or N 1. all items in **step one** (The Activity) must be accomplished and adhered to?

Y or N 2. they are required to present a copy of their national accreditation and/or safety certification?

Y or N 3. that they are required to sign off on the student's activity log that the information listed for each day is accurate?

If the Answer to every item in Steps 1-4 is "Yes", continue with the next section of the application.

Application continued

Approval of this application includes the implied understanding by the student and parents that:

- o Acceptance is good for only the **one** physical education course for the specific school year it is submitted
- o The student will be placed in a **study hall** (during the student's scheduled PE class) that traditionally meets 5 days per week.
- o No student will be exempt from Health/Driver's Education as a result of this acceptance.
- o **No student may have more than two (2) study halls per semester.**

If the student is unable to continue in the alternative activity (due to physical injury, illness or economic reasons) it is the responsibility of the parent to inform their child's counselor within 1 week of cessation of the activity. In this instance:

- o The student will be placed back into their physical education class for the remainder of the year
- o If the student is physically unable to participate in physical education, they will be assigned the appropriate established alternative assignment from which a grade will be determined.

*I agree that the information included in this application is accurate and truthful. I acknowledge the fact that the student is responsible to fill out the activity log completely, including all necessary signatures, and submit it **every Monday** to their Physical Education teacher. I, also, agree to insure that all of the other guidelines and requirements of the Edison Option II Physical Education Program are met.*

Student _____
Parent/Guardian _____
Coach _____

Date _____
Date _____
Date _____

PARENT/GUARDIAN _____

DATE _____

I agree that the safety, cost and transportation, to and from an alternative activity, are the responsibility of the student's parent/guardian. By completing the Option II request for physical education, the parent(s) agree to indemnify and hold harmless the Edison Township Public School District, its agents or employees from any and all claims of any type, action, complaint, judgment, costs or personal injury, arising out of, or related to, the student's participation in the Physical Education Option II Program.

For Counselor use only:
Counselor's Name _____ Date Received _____
Application Steps 1-6 Complete _____ Coach's Credential's attached _____
Activity Schedule Attached _____ Has All Necessary Signatures _____

For Supervisor's use only:
Supervisor's Name _____ Date Received _____
Activity Criteria Met ___ Academic Criteria Met ___ Coach's Credential's Met _____
NJCC Standards Met _____

For Office use only:
Approved _____ Start Date _____
Rejected _____ Date _____
Reason for Rejection _____

Principal Designee _____ Date _____
Counselor _____ Date _____
Teacher _____

STEP 5: Information (Please print)

Student's Name _____ Grade _____
Street Address _____
City _____ State _____ Zip _____
Cell Phone Number _____

Parent's/ Guardian's Name _____
Home Phone Number _____
Cell Phone Number _____
Email Address _____

Coach's Name _____
Coach's Credentials _____
Copy of Credentials attached: _____Y_____N
Coach's Cell Phone Number _____
Coach's Email Address _____

Primary Facility's Name _____
Address _____
Phone Number _____

Request is for PE-I, PE-II, PE-III, or PE-IV circle one School Year _____
Y or N A schedule of the activities to be undertaken is attached?

PUBLIC SCHOOLS OF EDISON TOWNSHIP

PHYSICAL EDUCATION – OPTION II

Once approved, students are responsible for keeping track of hours and presenting documentation journals to their assigned Physical Education Teacher weekly. **All forms must be turned in during your scheduled PE period each Monday.** Extra forms will be available in the Counseling Office. The established protocol and specific forms are expected to be adhered to. Students are responsible for meeting the minimum of 150 minutes per week requirement, documenting physical activity on the LOG FORM as well as explaining the link to the Content Standards in their JOURNAL. Students will receive a grade of “P” or “F” at the end of each quarter. 100% compliance is required in order to receive a passing grade for the marking period. Two late journals in a marking period may result in failure.

In case of injury, sickness or inability to participate in any physical activity, a doctor’s note will be required and must be presented to the school nurse and the Physical Education Teacher in order for the student to be excused. Parental notes for illness will not be accepted to excuse students from their activity.

Procedure for Completing Logs and Journals

Students are responsible for obtaining a signature for every week they participate in an outside activity from their coach or advisor. This signature will verify the time requirement. The assigned Physical Education teacher will also sign the log to verify that your journal entries reflect completion of the NJSLs. **Shortened school weeks (example: Thanksgiving) do not alter the minimum 150 minutes per week requirement in the Option II Program.** When school is closed for an entire week, students are not responsible for fulfilling their Option II obligation. Extra minutes cannot be carried over to the next week.

Parent/guardian and students have sole responsibility for student learning, academic progress, liability and submitting the proper documentation on the dates required. LOGS and JOURNALS are expected to be handed to your assigned Physical Education teacher during your scheduled PE period every Monday. Any documentation that has been forged, plagiarized or cannot be verified by the coach or advisor will result in an “F” for the marking period.

Required Documentation

LOGS

Documentation and time accumulated for the week begins on Monday and ends on Sunday. All students are responsible for a minimum of 150 minutes of activity per week beginning the first day of the marking period and ending the last week of full day classes during the marking periods approved. Time logs and journals will be due each week on Mondays. Failure may result if two logs are late or missing per marking period.

JOURNALS

Weekly Journals must include 1 entry per week. Each entry should be a minimum of two paragraphs. Please follow common conventions for grammar, punctuation, spelling and structure. Journal entries should support how the activity promotes the Content Standard as given to you by your counselor. Each Monday a student is required to hand in to their assigned physical education teacher all journals. Failure may result if two logs/journals are late or missing per marking period

Weekly Logs and Weekly Journals must be signed by coach or advisor and turned into your assigned Physical Education teacher during your scheduled PE period every Monday. Best of Luck with your Option II experience.

PUBLIC SCHOOLS OF EDISON TOWNSHIP

PHYSICAL EDUCATION – OPTION II LOG

Marking Period _____
 Week Beginning _____

Student's Name _____
 Teacher _____

DAY	DATE	HOURS	ACTIVITY DESCRIPTION	JOURNAL ENTRY Disciplinary Concept (and PE)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Total number of hours completed as listed ABOVE _____

 Coach or Advisor's Original Signature
 (Verifying completion of hours)

 Date

 Phys. Ed. Teacher's Original Signature
 (Verifying Journal entries meet NJSL)

 Date

- The student is required to maintain a record of completion with this form and all related documentation for class credit.
- Failure may result if journals are incomplete or have not demonstrated that you have reached the requirements,
- Two late journals and/or logs in a marking period may result in failure.
- Minutes do not carry over from week to week,
- Attach weekly journal entry to this form.

PHYSICAL EDUCATION OPTION II - Example of Journal Entry

Below is an example using the disciplinary concept of “Movement Skills and Concepts”, and selecting the performance expectation of 2.2.12.MSC.1. Journal entries should be a minimum of two paragraphs following all conventions of grammar, punctuation, spelling and structure. Journal entries should support how the activity promotes the performance expectation (PE and prove that the objective has been met. Various performance expectations should be used throughout the marking period.

STANDARD 2.2 Physical Wellness by the End of Grade 12

Performance Expectation (PE) 2.2.12.MSC.1 – *Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).*

This week during soccer practice we worked on our free kicks. It was important that we recognized the proper way to plant our foot. The non-kicking foot is placed directly next to the ball at a comfortable distance to allow a smooth swing. The toe of the non-kicking foot should be pointed in the direction of the intended path. After the soccer ball is hit the striking foot should follow through at the intended target. This movement should be completed in a smooth fashion with no pauses transferring the weight from the back to the front. Transferring of the weight will lead to a more powerful kick.

This skill movement can be transferred to field hockey on a free hit. The ball and stick should be at a comfortable distance from the player at approximately 2 O'clock. The ball should be lined up with the left foot. The left toe should be pointed in the direction of the intended path. The stick/hit should follow through the intended path as well. This swing of the stick should be in a smooth fashion just as a soccer player kicks the ball. Transferring of the weight is important to put power behind the shot.

Checklist:

JOURNAL –

- ✓ **Look at attached Physical Education Standards and Pick one of them. 2.5 Motor Skill Development or 2.6 Fitness**
- ✓ **Next choose a Cumulative Progress Indicator (CPI) that you would like to use. Ex: 2.5.12.A.1 Please use a variety of indicators throughout the marking period.**
- ✓ **Write a minimum of two paragraphs to support how and what you did to achieve proficiency in the CPI. You must prove that you have successfully mastered the concept. Be sure to check your spelling and grammar.**
- ✓ **Repeat for each journal entry – 1 per week**

LOG –

- ✓ **Document completion of 150 minutes of Activity**
- ✓ **Get Coach's or Advisor's signature**

Completed Logs and Journals should be turned into your assigned Physical Education Teacher during your scheduled PE period every Monday.

NEW JERSEY CORE STUDENT LEARNING STANDARDS FOR PHYSICAL EDUCATION

Below are the NJ Student Learning Standards for Physical Education. Each disciplinary concept and performance indicators for each Standard. You should select a disciplinary concept AND a performance expectation (PE) for each journal entry. Use a variety of **PEs** throughout the marking period.

Content Area	Comprehensive Health and Physical Education		
Standard	2.2 <i>Physical Wellness by the End of Grade 12</i>		
Disciplinary Concept	Movement Skills and Concepts		
By the end of grade	Core Idea	PE#	Performance Expectation (PE)
12	Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).
		2.2.12.MSC.1	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
	The quality of feedback from others, self assessment as well as effort and repetition influences movement skills, concepts, and performance.	2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
	Individual and team execution requires interaction, respect, effort, and positive attitude.	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
		2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment
Disciplinary Concept	Physical Fitness		

By the end of grade	Core Idea	PE#	Performance Expectation (PE)
12	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.	2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime
		2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
		2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
		2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
		2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
Disciplinary Concept	Lifetime Fitness		
By the end of grade	Core Idea	PE#	Cumulative Progress Indicator (CPI)
12	Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming)	2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
		2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
		2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.

		2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
		2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).
	Community resources can support a lifetime of wellness to self and family members.	2.2.12.LF.6	Implement a financial plan for participation in physical activity in the community for self and family members.
		2.2.12.LF.7	Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.
		2.2.12.LF.8	Identify personal and community resources to explore career options related to physical activity and health.