

Pequannock Township High School Option II for Alternative Physical Education

The Pequannock Township School District encourages all students to participate in the Physical Education Program. It recognizes, however, that some students are engaged in athletic, interscholastic or other programs of vigorous activity, allowing for the achievement of the New Jersey Student Learning Standards (NJSLS). Such students may be excused from the required physical education course, while still earning physical education credit. Attainment of credit toward graduation is based on the successful completion of assessments that verify student achievement in meeting or exceeding the NJSLS at the high school level. There are three qualifying paths a Pequannock High School student may take to earn Physical Education credit through Option II:

1. Parents/Guardians are responsible for arranging instruction by a Pequannock Board of Education approved educational program or by a NJ State certified teacher for forty-five (45) hours of one-on-one instruction. A copy of the New Jersey teaching certificate must be provided to the Principal's Option II Review Committee for consideration.
2. Continuous high level training, practice, performance, and/or competition in an athletic or physical activity for at least 150 minutes per week with an approved organization, coach, and/or teacher. Students will be awarded a final grade of Pass/Fail.
3. Online (EDUCERE)

In order to be considered for Option II for Alternative Physical Education, students must meet the following criteria:

- Sophomore, junior or senior (who has not previously failed health or physical education)
- Enroll in a Health education course outside of Pequannock High School

Procedures for Alternative Physical Education Approval & Documentation

- Option II Path 2 students must be a member of an athletic team or organization that provides a minimum of 150 minutes of physical activity each week for 3 out of 4 marking periods (excluding health)
- Option II Path 2 students must also submit a letter from the coach, teacher, or outside organization. ****NO PARENT/GUARDIAN LETTERS WILL BE ACCEPTED***

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- Once approved, Path 2 students are responsible for logging hours weekly. Every Monday, students must submit PE logs to their school counselor
- Parent/ Guardian and students have sole responsibility for student learning, academic progress, liability and submitting the proper documentation on the required dates
 - Any documentation that has been forged or cannot be verified by the coach or organization where the student is fulfilling their Option II obligation will result in a Failure for the marking period and IMMEDIATE DISMISSAL from the Option II Program.

Procedures for Completing Logs

Time Requirement

- Documentation and time accumulated for the week begins every Monday and ends on Sunday
- Students are required to participate in a minimum of 150 minutes of physical activity per week beginning the first day PE classes begin and ending the last full day of PE classes during the school year (3 out of 4 marking periods)
- Shortened school weeks do not alter the minimum 150 minute 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 requirement
- Absences from school do not lessen the minimum 150 minute per week requirement
- No log sheets will be required during the marking period that the student is in Health
- Extra minutes **cannot** be carried over to the next week
 - 300 minutes in 1 week will not transfer to another week

Inability to Participate in Physical Activity/Exemptions

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- In the event of injury, illness or inability to participate in any physical activity, a doctor's note will be required and must be presented to both the school nurse and the school counselor in order for the student to be excused (**Parental notes will not be accepted**)
- If there is a family emergency (death in the family, ill family member) where the student will not be able to fulfill his/her requirement, the school counselor must be notified as soon as possible.

Completion of Logs

- Students are required to keep track of 150 minutes of physical activity per week and presenting documentation to their school counselor every Monday
- All Logs must be turned in by 2:00 p.m. every Monday
 - Logs turned in after the deadline may result in removal from the program
 - Extra forms will be available in the Guidance Office
- Documentation and time accumulated for the week begins on Monday and ends on Sunday

Grading

- Students will receive a grade of Pass or Fail at the end of each marking period
 - 100% compliance is required in order to receive a passing grade
- Option II students must pass all three marking periods of Option II time requirements to earn a passing grade for the year