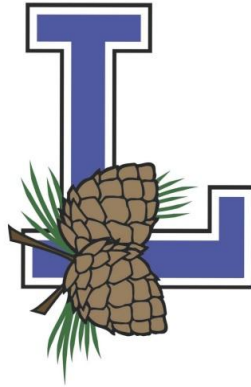


Lakewood High School



Option II Program Guidebook

Updated: August 16, 2023

Option II Program for Physical Education at LHS

The Lakewood High School Option II program offers students a unique chance to earn academic credit through unconventional methods. This initiative enables students to meet the New Jersey Core Curriculum Content Standards outside the conventional classroom environment. For instance, engaging in Junior Varsity/Varsity sports or competitive elite-level activities like Gymnastics or Tennis can serve as an alternative to standard physical education classes.

Freshmen, juniors, and seniors who actively participate in Competitive Sports, Cheerleading, or recognized NJSIAA Varsity level Athletic Sports can substitute these activities for a traditional physical education course. This substitution lasts for the entire academic year. To be eligible, students must fulfill the following criteria:

- Only 9th-grade freshmen, 11th-grade juniors, or 12th-grade seniors are eligible.
- Athletics: Seniors choosing this option must take part in a Fall or Winter Sport.
- Students opting for this alternative must complete Health via Edmentum.
- Students must not have previously failed Physical Education.
- Maintain a minimum overall GPA of 3.0.
- Athletes must have earned a Junior Varsity or Varsity Letter in the chosen sport for Alternate P.E.

Additional options include NJSIAA athletic activities, cheerleading, and more, as part of the Alternative Physical Education track. Applicants must complete the PE Option II Application Form and submit it to the Physical Education Supervisor for approval by September 15th, 2023. Please note that reapplication is necessary annually.

The program must adhere to [New Jersey Student Learning Standards \(NJSLS\)](#) for Health and Physical Education, as outlined on the NJ Department of Education website. Qualified professionals or individuals must oversee and organize the program. It should span a full academic year and align with NJ State Statute 18A: 35-5, 7, and 8, requiring a minimum of 150 weekly minutes of physical education.

Participation in this program does not exempt students from Drivers Education or Health courses. Those approved for Option II PE must also complete Health on Edmentum. Grading will be based on a PASS/FAIL assessment, determined by the judgment of the students' Physical Education teacher.

A student granted approval for Option II Physical Education will need to:

- Maintain a weekly log of hours engaged in their activity.
- Both the student and their coach/advisor must sign this log, which will be provided as a designated form.
- Complete and submit a weekly journal entry to their teacher.
 - This journal entry must:
 - a. Identify a specific concept related to Physical Education discipline.
 - b. Define a performance expectation (PE) relevant to their chosen activity.
 - c. Elaborate with a minimum of two paragraphs, explaining how they worked towards achieving proficiency in the performance expectation.
- Adhere to the requirement of a minimum of 150 minutes per week of activity.
- Clearly establish the connection between their activity and the Physical Education standards in their journal entries.

Credit will only be granted if the student successfully completes the entire season of their chosen sport or activity. To be eligible for credit, students must follow the application procedures outlined below. It's important to note that failure to meet the required hours for their chosen activity will result in an "F" grade on their transcript for the course, and they will not receive credit.

Additional information and application are provided [here](#).