



## Lakewood Public Schools

### ALTERNATE PHYSICAL EDUCATION: OPTION 2

**\*Make a copy of this google document if you would like to apply\***

2023 - 2024

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.
- 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 encompass 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.
- Successfully completes the curriculum for Marching Arts, as outlined in the Marching Arts program.

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.

# Lakewood High School

## 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 Lakewood High School 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 Lakewood Public Schools 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 3.0? 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 (11th and 12th graders)?

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. Is this request for one PE course for one specific school year?

Y or N 2. Are you aware it will be noted as "Option II" credit on the student transcript?

Y or N 3. Are you aware it will not exempt the student from Health education?

Y or N 4. Do you agree, 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 5. Do you understand 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. 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

By granting approval to this application, both the student and parents implicitly acknowledge and agree that:

- o The approval pertains exclusively to the particular physical education course for the current school year in which it is submitted.
- o The student will be assigned to a class in their normal schedule meeting five days a week during the designated PE class period.
- o Acceptance does not grant exemption from Driver's Education under any circumstances.

In the event that the student cannot continue participating in the alternative activity due to factors such as physical injury, illness, economic constraints, etc., it becomes the duty of the parent to notify their child's counselor within one week of discontinuation of the activity. Under this circumstance:

- The student will be re-enrolled in their original physical education class for the duration of the academic year.
- If the student is physically incapacitated and unable to engage in regular physical education, they will be provided with a suitable established alternative assignment, from which a grade will be assigned.

*I hereby confirm the accuracy and truthfulness of the information provided in this application. I am aware that the student bears the responsibility of diligently completing the activity log, ensuring all requisite signatures are obtained, and submitting it every Monday to their Physical Education teacher. Additionally, I commit to ensuring full compliance with all other stipulations and prerequisites of the LHS Option II Physical Education Program.*

Student \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Coach \_\_\_\_\_

Date \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

DATE \_\_\_\_\_

*I acknowledge that the safety, expenses, and transportation associated with the alternative activity, to and from, remain the sole responsibility of the student's parent/guardian. Upon fulfilling the Option II application for physical education, the parent(s) hereby undertake to safeguard and absolve the Lakewood Public School District, as well as its agents or employees, from any and all forms of claims, actions, complaints, judgments, costs, or personal injuries that may arise in connection with, or due to, the student's involvement 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-III, or PE-IV circle one School Year \_\_\_\_\_  
Y or N A schedule of the activities to be undertaken is attached?

# Lakewood Public Schools

## PHYSICAL EDUCATION – OPTION II

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Upon obtaining approval, students assume the responsibility of accurately monitoring hours and furnishing documented journals to their designated Physical Education Teacher on a weekly basis. Submission of all forms must align with your scheduled PE period each Monday, and any extra forms will be accessible through the Counseling Office. It is essential to strictly adhere to the established protocol and employ the designated forms.

Meeting the minimum requirement of 150 minutes per week of physical activity rests with the students, who are expected to meticulously document their physical endeavors on the LOG FORM while also elaborating on the correlation to the Content Standards within their JOURNAL. At the conclusion of each quarter, students will receive a grade denoted as either “P” (Pass) or “F” (Fail). Attaining a passing grade necessitates 100% adherence to the stipulated guidelines during the marking period. The occurrence of two late journal submissions within a marking period may potentially lead to a failing grade.

In instances of injury, illness, or incapacity to partake in physical activities, the presentation of a medical note will be mandatory. This note must be presented to both the school nurse and the Physical Education Teacher for the student to be excused. Parental notes pertaining to illness will not be accepted as valid justification for exempting students from their activity.

### Procedure for Completing Logs and Journals

It is the responsibility of the student to obtain 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 each marking period and ending the last week of full day classes during the marking periods. Time logs and journals will be due on Monday of each week. Failure may result if two logs are late or missing per marking period.

#### JOURNALS

Weekly Journals must include 1 entry per week. Each entry must 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. Each Monday you are 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.

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*Weekly Logs and Weekly Journals must be signed by your coach or advisor and turned into your assigned Physical Education teacher during your scheduled PE period every Monday.*



Lakewood Public Schools  
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 NJSLs)

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 your weekly journal entry to this form.



## PHYSICAL EDUCATION OPTION II - Example of Journal Entry

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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 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).*

During this week's soccer practice, our focus was on refining our free kick technique. An essential aspect was understanding the correct way to position our foot for planting. The foot not used for kicking is placed right beside the ball, maintaining a comfortable gap to facilitate a fluid swing. Ensuring the toe of this non-kicking foot points in the desired direction is crucial. Upon striking the soccer ball, the kicking foot's follow-through should be directed towards the intended target. This motion should unfold seamlessly, with a continuous weight transfer from the rear to the front, contributing to a more forceful kick.

This skill's mechanics can be effectively transferred to field hockey, particularly in the context of a free hit. The ball and the player's stick should be positioned comfortably, forming an angle akin to 2 o'clock. Aligning the ball with the left foot, the left toe should correspondingly point in the designated direction. Similar to soccer, the stick's swing ought to mirror the intended path. This sweeping movement of the stick should mirror the fluidity seen when a soccer player executes a kick. The transfer of weight remains a pivotal component, integral for generating power behind the shot.

### Checklist:

#### JOURNAL -

- ✓ Look at attached Physical Education Standards and pick one of them.
- ✓ Next choose a performance expectation (PE) that you would like to use. (Ex: 2.2.12.MSC.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 PE (performance expectation). 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 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		
<b>Standard</b>	<i>2.2 Physical Wellness by the End of Grade 12</i>		
<b>Disciplinary Concept</b>	<b>Movement Skills and Concepts</b>		
<b>By the end of grade</b>	<b>Core Idea</b>	<b>PE#</b>	<b>Performance Expectation (PE)</b>
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.2	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
<b>Disciplinary Concept</b>	<b>Physical Fitness</b>		

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  2.2.12.PF.2  2.2.12.PF.3  2.2.12.PF.4  2.2.12.PF.5	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  Respect and appreciate all levels of ability and encourage with care during all physical activities.  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.  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).  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.
<b>Disciplinary Concept</b>	<b>Lifetime Fitness</b>		
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  2.2.12.LF.2  2.2.12.LF.3	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.  Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.  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, teamwork, 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.