

Hanover Central High School

Alternative Physical Education - Rules and Guidelines

The Indiana State Board of Education has provided flexibility to adapt the high school physical education requirements for students who demonstrate proficiency through other means.

Activities that qualify for the Physical Education waiver:

Baseball	Marching Band
Basketball	Soccer
Cheerleading	Softball
Cross Country	Tennis
Dance/Poms	Track and Field
Football	Volleyball
Golf	Wrestling

Guidelines:

- One complete season of the above activity is required to earn one semester of physical education credit. A student is allowed only ONE waiver for alternative Physical Education credit.
- A complete season is defined as the first practice to the final event. The students must remain on the active roster the entire season or the duration of the activity.
- Credit will NOT be granted for any activities from previous school years.
- Credit will NOT be granted to move-ins for participation in activities from previous school.
- PE Waiver will be a one-time opportunity. It may not be repeated in different seasons or years.
- It is the **STUDENT'S** responsibility to provide all completed documentation to the Guidance Office as required.
- **If the Guidance Office does NOT receive the required forms by the specific deadline dates, no PE credit will be awarded.**

Requirements:

- Prior approval (signature) from parents, students, and coach/sponsor to participate in the waiver.
- Successfully complete the season or activity in good standing.
- Completion is defined as:
 - Participation from the start date to end date of the season.
 - The student may be removed from the team/group participation as a result of one or more of the following, therefore forfeiting their opportunity to earn Physical Education credit:
 - Academic ineligibility as determined by IHSA requirements or activity leaders
 - Discipline (either team/group or school) resulting in removal from activity. Prolonged injury or illness that results in a loss of more than 1/3 of the season. However, if the athlete/team member remains in good standing with the team/group, maintains attendance with team/group, and actively participates in rehabilitation under the direction of a physician or school's athletic trainer, the athlete/team member may still receive credit
 - Any other reason as agreed upon by both the coach/director and high school administration.
- At the conclusion of the season/activity, the coach or sponsor will validate completion on the Final Credit Form.

For deadline dates regarding the Participation Contract and the Final Credit Form, please refer to the back of this sheet.

Hanover Central High School
Alternative Physical Education - Important Dates
(2023-2024 School Year)

Below you will find the deadline dates for turning in the required forms:

Sport	Participation Contract Due By	Final Credit Form Due By
Baseball	March 8	May 31
Basketball - Boys	November 8	March 1
Basketball - Girls	November 8	March 1
Cheerleading	Friday following 1st Student Day	March 1
Cross-Country	Friday following 1st Student Day	November 1
Dance/Poms	Friday following 1st Student Day	March 1
Football	Friday following 1st Student Day	November 1
Golf - Boys	March 8	May 31
Golf - Girls	Friday following 1st Student Day	November 1
Marching Band	Friday following 1st Student Day	November 1
Soccer	Friday following 1st Student Day	November 1
Softball	March 8	May 31
Tennis - Boys	Friday following 1st Student Day	November 1
Tennis - Girls	March 8	May 31
Track and Field	March 8	May 31
Volleyball	Friday following 1st Student Day	November 1
Wrestling	November 8	March 1

Hanover Central High School
Alternative Physical Education - Participation Contract

This form must be completed, signed and turned in to the Guidance Office by the official IHSA start date of the indicated sport or activity. Please see the back side of the Rules and Guidelines Form for specific dates.

Student Name: _____

Grade: _____

Please check one sport or activity that qualifies you for the PE Waiver:

- | | |
|--|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Marching Band |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Dance/Poms | <input type="checkbox"/> Track and Field |
| <input type="checkbox"/> Football | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Wrestling |

I agree to the following requirements and conditions to earn my alternative PE credit:

1. I will complete and be active the entire season for the sport or activity listed above.
2. I will not have any disciplinary suspensions from the sport or activity listed above.
3. I will maintain a level of effort that is representative of receiving a high grade in a course at Hanover Central High School.
4. I understand that participation does NOT guarantee passing or an A as a grade in the Physical Education waiver, and it is a one-time opportunity. I have read the above requirements and understand and agree to fulfill all requirements. I understand that failure to meet all the alternative PE credit requirements means I will not receive the PE credit. I understand that being removed from my activity by means of not making the team, quitting, academics, disciplinary measures, attendance, or prolonged illness/injury/non-participation will result in failure of earning the PE credit. I understand all policies associated with the Physical Education Waiver credit option as detailed in the rules and guidelines.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Coach/Sponsor Signature: _____ Date: _____

Received on: _____

Hanover Central High School
Alternative Physical Education - Final Credit Form

*Students are responsible for providing this form to their coach/sponsor to complete the performance evaluation on the back of this form. After the coach/sponsor completes the performance evaluation, **the student will turn in this form to the Guidance Office. The Guidance Office will provide this form to the PE teacher for final grade awarded.** Please see the back side of the Rules and Guidelines Form for specific deadline dates.*

Student Name: _____

Grade: _____

Please check one sport or activity that qualifies you for the PE Waiver:

- | | |
|--|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Marching Band |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Dance/Poms | <input type="checkbox"/> Track and Field |
| <input type="checkbox"/> Football | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Wrestling |

Performance Evaluation

Please see the rubric on the back of this form for more information regarding the evaluation process.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Coach/Sponsor Signature: _____ Date: _____

-----**FOR OFFICE USE ONLY**-----

A licensed PE Instructor must determine the grade based upon the coach/sponsor recommendation.

Grade issued on transcript: A B C no credit

PE Teacher Signature: _____ Date: _____

Received on: _____

Hanover Central High School

Alternative Physical Education - Rubric

This form must be completed and signed by the COACH/SPONSOR.

Coach/Sponsor Instructions: Please evaluate the student using the rubric below. You should indicate a point value for each component and then total the number points.

Student Name: _____

Coach/Sponsor Name: _____

Sport/Activity: _____

Evaluation Rubric

	3 Points	2 Points	1 point
Attendance/Punctuality	Always in attendance and on time.	Almost always in attendance and on time.	Inconsistently in attendance or on time.
Sportsmanship	Demonstrates outstanding sportsmanship and responsible personal and social behavior. Student has a positive attitude with peers and coach/sponsor.	Frequently demonstrates sportsmanship and responsible personal and social behavior. Student has a positive attitude with peers and coach/sponsor.	Occasionally demonstrates sportsmanship and responsible personal and social behavior. Student is occasionally negative or uncooperative.
Ability	Demonstrates excellent skills at a competitive level.	Demonstrates proficient skills and growth at a competitive level.	Demonstrates skills at a non-competitive level.

Scoring:

Attendance/Punctuality _____

Sportsmanship _____

Ability _____

TOTAL _____

Coach/Sponsor Signature: _____ Date: _____