

Northfield High School Advanced Physical Education Program

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Advanced Physical Education Program---Students who have completed 1.0 Physical Education credits and are unable to participate in a regular Physical Education class due to an accelerated academic schedule or other academic circumstances, (i.e. dual enrollment, RTCC, etc.) can earn credit through these outside Physical Education activities. A combination of team sports, lifelong activities and community Physical Education activities that are 60-80 hours in duration can be completed to earn 0.5 credits (1 semester). Such activities must be instructional in nature, and led by a competent instructor.

The Process

1. Complete 1.0 credits, 2 semesters of in-class Physical Education.
2. Enroll in a sport or community activity.
3. Apply for advanced Physical Education credit. (must contact Physical Education instructor)
 1. Via email
 2. Direct contact
 3. Complete *goals* meeting face-to-face with Physical Education instructor. Goals must be specific, measurable and challenging.

Approved goals

Physical Education Teacher: _____ Date: _____

1. Fulfill all expectations of outside activity.
 1. Examples: Weekly meetings, monthly meetings, email check-ins, journal entries, etc.
 2. Coaches/Instructors sign application form to signify approved credit
 3. Write a reflective essay that satisfies these two criteria:
 1. Reflection of your goals, i.e. how they were or weren't met and why.
 2. Pros and cons of your plan or strategies to obtain your goals.
 3. Signatures of completion from the coach/instructor.

Credit Completion Signatures

Coach/Instructor: _____

Date: _____

Student: _____

Date: _____

Physical Education Teacher: _____

Date: _____