

PHYSICAL EDUCATION CREDIT FOR UPPER SCHOOL

Cambridge School takes an individualized approach to physical education. In order to motivate students to initiate and maintain a physically active lifestyle, individuals are encouraged to pursue physical activities of personal interest. It is important for students to find outlets for physical activity that work for them so they develop good habits for physical health and conditioning.

In order to meet the requirements for physical education, students may elect to participate in school-affiliated sports, physical activities offered outside the school environment (team sports, gym membership, fitness classes, dance, yoga, rock climbing, personal fitness monitored by a electronic fitness tracker, etc.), or any combination thereof.

For good health and wellness students should participate in physical activities for a minimum of 150 minutes per week. However, the ***minimum*** documented hours to receive credit are 15 hours per marking period, distributed over the course of the marking period.

If the student is unable to participate in physical activity due to medical circumstance or injury, students can fulfill the requirement through health and wellness classes, such as nutrition, first aid, or safety.

Documentation of the student's fulfillment of this curricular objective is required. Pass/Fail credit toward the physical education requirement for graduation will be awarded.

Cambridge School Physical Education Credit Application

Student Name: _____ Grade: _____ Age: _____ Date: _____

Trained specialist under whom activity is performed:

Name: _____ Title: _____

Sport/Activity Description: _____

Business Address: _____ Telephone: _____

Date	Sport/Activity	Time Begin-End	# of Hours	Coach Signature
Total Hours: _____				

FORM SHOULD BE FILLED IN AND SIGNED BY THE ACTIVITY INSTRUCTOR/COACH OR SUPPORTING DOCUMENTATION CAN BE SUBMITTED WHEN THE USE OF ELECTRONIC FITNESS TRACKERS ARE EMPLOYED. STUDENT SHOULD RETURN COMPLETED FORM THE LAST WEEK OF THE MARKING PERIOD.

Instructor/Coach's Comments:

I affirm that the above record of participation is accurate to the best of my knowledge.

Instructor/Coach Signature:	Student Signature:
Parent/Guardian Signature:	Phys.Ed. Teacher Signature: