

Physical Education Policy for Juniors and Seniors

As has been the practice over the years, PCS Juniors and Seniors do not take PE during the regularly scheduled school day. Instead, they receive credit for PE *either* by participating in a PCS sport during the school year, or by tracking hours of physical activity and submitting those documented hours to the PE teacher. The Phys Ed department would like to encourage more regular physical activity during the year. Please attempt to have 1-2 hours of physical activity per week instead of "binging" when the assignment is due.

1. The "exemption" of tracking PE hours will be by semester and will be documented as Pass/Fail. So, if a junior or senior participates in a fall sport, but not a winter/spring sport, (or the other way around) he or she will need to turn in PE hours for the time without a PCS sport.

Juniors and seniors who participate in a sport in the fall and winter/spring will not have to track any hours for PE credit.

For juniors/seniors who begin a sport, but do not complete the season for whatever reason, physical activity will need to be tracked for the portion of the season not played. Please communicate if this is your case.

2. PE credits, like other courses, are awarded by semester. For students who need to track and document PE hours each semester, the number of hours required for students to track and document will be 22.5 hours per semester. ****In the case of an injury or health concern, please provide an excuse and see Mrs. Green for an alternative assignment.**
3. For students who need to track and document PE hours each semester, the documentation will be submitted once a month. Due dates are listed below.
*Semester 1:
1-2 hours/week for a total of 5 hours/month of documented physical activity per month
September through half of January.
****Semester 2:** 1-2 hours/week for a total of 5 hours/month of documented physical activity of second half of January through May
4. For students who need to track and document PE hours each semester, the documentation of physical hours for PE credit can be done either through a paper tracking form, or through the Google classroom. Each requires a parent signature. The paper form is attached.

QUESTIONS or CONCERNS? Contact Mrs. Green @ 724-368-8787 x210 or c.green@ourpcs.org

2021-2022 PE Ind. Study Due Dates:

- 9/24 @ 3:00pm (5 hours required)
- 10/22 @ 3:00pm (5 hours required)
- 11/19 @ 3:00pm (5 hours required)
- 12/17 @ 3:00pm (5 hours required)
- 1/14 @ 3:00pm (2.5 hours required -- last of Semester 1)
- 1/28 @ 3:00pm (2.5 hours required -- first of Semester 2)
- 2/25 @ 3:00pm (5 hours required)
- 3/18 @ *1:00pm* (5 hours required)
- 4/22 @ 3:00pm (5 hours required)
- 5/20 @ 3:00pm (5 hours required)



PE Independent Study Tracking 2021-2022

Name: _____ Month: _____

All students are required to participate in 5 hours of activity per month. It is best to have a weekly time to exercise.

| Date | Activity | Length of Time in min. |
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Signature of Student

Signature of Parent or Coach*
*A coach of a non-PCS athletic program can sign

- This student has met the monthly requirement
- This student has NOT met the monthly requirement.

Signature of PE Teacher