

## **Credit Flexibility for Physical Education Requirements:**

Credit Flexibility for Physical Education applies to all students starting with the class of 2015 (students who are freshman in the year 2011-2012) AND/OR any student who is currently in the high school.

Candidates applying for Physical Education Credit Flexibility will be expected to complete the Credit Flexibility Form (found on line or in the guidance office) and complete parts 1, 2 and 3 below before receiving physical education flexibility credit.

**Please note that the final credit received during this process will be applied to your final transcript (including F's).**

### **OPTION ONE: (2 parts)**

**Part A.)** Participate in three seasons of a WWHS athletic team; part of the athletic team from beginning to end with a coach sign off.

- For the first of two potential credit flex PE courses, a student must have completed two full inter-scholastic athletic seasons. The corresponding coach must sign off each student's participation. This meets the first Physical Education course required for graduation.
- The second opportunity for flex credit only requires one season of participation. However, this one season must be a third season (in total high school experience). This meets the second Physical Education course required for graduation.

**Part B.)** Write a position paper explaining how you incorporated the State's Physical Education Standards in your selected activities. All papers will need to be double spaced and 3-5 pages typed. The paper should address how your activities met the Ohio Physical Education Standards.

- Standard 1: Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.
- Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Standard 3: Participates in regular physical activity.
- Standard 4: Achieves and maintains a health-enhancing level of Physical Fitness.
- Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.

**OPTION TWO: (3 parts)**

**PART A.)** Students must complete a written exam portion of the requirement. They may score no lower than a 70% out of 100%. This exam is based on the Physical Education Academic Content Standards. A study guide will be available near the end of the semester.

**PART B.)** Students must complete the fitness portion of this option. The scores are as follows. Students may only fail one part of the physical exam. Additionally, scores from each test will be averaged. To receive credit, the student must receive an average of “C” or better for PART B.

For more information, go to

[http://www.presidentschallenge.org/educators/program\\_details/physical\\_fitness/events.aspx](http://www.presidentschallenge.org/educators/program_details/physical_fitness/events.aspx) for descriptions of each of the activities below.

<b>MILE RUN</b>		<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
	<b>BOYS</b>	<b>6:20</b>	<b>6:50</b>	<b>7:30</b>	<b>8:06</b>
	<b>GIRLS</b>	<b>8:08</b>	<b>8:13</b>	<b>9:58</b>	<b>10:23</b>
<b>SIT UPS</b>					
	<b>BOYS</b>	<b>57</b>	<b>53</b>	<b>45</b>	<b>42</b>
	<b>GIRLS</b>	<b>48</b>	<b>46</b>	<b>37</b>	<b>35</b>
<b>SHUTTLE RUN</b>					
	<b>BOYS</b>	<b>9.0</b>	<b>9.5</b>	<b>9.7</b>	<b>10.2</b>
	<b>GIRLS</b>	<b>10.0</b>	<b>10.2</b>	<b>11.0</b>	<b>11.2</b>
<b>SIT &amp; REACH</b>					
	<b>BOYS</b>	<b>37</b>	<b>33</b>	<b>30</b>	<b>26</b>
	<b>GIRLS</b>	<b>43</b>	<b>38</b>	<b>36</b>	<b>31</b>
<b>UPPER BODY*</b>					
<b>PULL -UPS</b>	<b>BOYS</b>	<b>11</b>	<b>7</b>	<b>6</b>	<b>3</b>
<b>PULL -UPS</b>	<b>GIRLS</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>10 SEC HANG</b>
<b>PUSH -UPS</b>	<b>BOYS</b>	<b>42</b>	<b>36</b>	<b>30</b>	<b>25</b>
<b>PUSH -UPS</b>	<b>GIRLS</b>	<b>20</b>	<b>17</b>	<b>15</b>	<b>10</b>

\* Upper Body you may choose between pull-ups and push-ups

**ALL OF THE ABOVE STANDARDS ARE BASED ON THE  
*PRESIDENT’S CHALLENGE FITNESS TEST.***

**PART C.)** Write a position paper explaining how you incorporated the State’s Physical Education Standards in your selected activities. All papers will need to be double spaced and 3-5 pages typed. The paper should address how your activities met the Ohio Physical Education Standards.

- Standard 1: Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.
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Baseball	Tennis	Softball	Basketball	Football
Soccer	Bowling	Golf	Cross country	Volleyball
Gymnastics	Wrestling	Swimming/Diving	Track & Field	

**Alternate Option due to a chronic medical condition**

- For physically handicapped, a doctor’s note & plan for the physical exam (what can a student do?)
- must be a permanent or chronic condition
- Students may not seek the alternate testing option based on a temporary condition. For example, someone may not test out just because they have a broken leg their freshman year. Due to this standard, students should attempt credit flex earlier rather than later in their high school career. Students are eligible their senior year, but will not be given special treatment even with a temporary injury.