

INDEPENDENT STUDY P.E.

TEXT

None

PREREQUISITES

None

OBJECTIVES

To provide students with physical education opportunities not offered within the school's regular physical education curriculum.

CONTENT

200 minutes per week of a supervised and approved physical activity. Activities can include outside of school team sports, aerobic and marital art classes, lessons such as ice-skating and riding, or a fitness program designed by the student/instructor.

SKILLS

Varies according to specific physical activity.

METHODS

Individual contract basis.

HOMEWORK

None

GRADING/CREDIT

Credit is on a Pass basis only. Credit is based on weekly logs documenting the individual physical activity. A maximum of five credits can be earned each semester.

INDIVIDUALIZATION

The student selects physical activities, with the approval of the instructor.

ABSENCES/TARDIES

N/A