

Guidelines for Approval of Outside Activities for PE Credit Option

Regular physical activity in adolescent children has a number of long-term health benefits and is an integral component of a child's academic, social emotional, physical, and intellectual development. Thus, when approving outside activities to the Physical Education Credit Option, strong consideration will be given to activities that comply with the following guidelines established by the U. S. Department of Health and Human Services Center for Disease Control and Prevention.

- *Approved outside activities will include regular **aerobic activity**:* aerobic activity should be of either moderate or vigorous activity and occur regularly. Examples of aerobic activities include but are not limited to biking, brisk walking, running, dancing, and playing active games like soccer or basketball.
- *Approved outside activities will include **muscle-strengthening activity**:* examples of muscle-strengthening activities include but are not limited to gymnastics, push-ups, and weightlifting.
- *Approved outside activities will include **bone-strengthening activity**:* examples of bone-strengthening activities include but are not limited to hopping, skipping, jumping, running, and sports like gymnastics, basketball, and tennis.

High School Physical Education Credit Option Form

Student Name: _____ Date: _____

Grade Level: 11 12

Semester Dates for Credit Option to be completed: _____

Course to be taken in lieu of PE: _____

WIAA Sanctioned Sport, School Sponsored Sport, or outside activity I will be participating in during this academic year: _____

Student Signature: _____ Parent Signature: _____

Guidance Counselor Signature: _____

The student has completed a full season with at least 75 hours of active participation in a WIAA Sanctioned Sport, School Sponsored Sport, or outside activity, and was a member in good standing.

Sport and Dates: _____

Athletic Director or Coaches Signature: _____

Date: _____

The student has not had any athletic code violations during the duration of the WIAA Sanctioned Sport, School Sponsored Sport, or outside activity.

Principal/Designee Signature and Date: _____

Principal/Designee Signature and Date: _____

_____ **Approved**

_____ **Denied**

Date: _____

Notes:

Reference:

Wis. Stats. 118.33 (1)

Wis. Stats. 118.33 (1)(e)

5127 – Graduation/Separation

Adopted: 8/2016

School District of Elmbrook
Brookfield, WI 53005

High School Physical Education Credit Option – Outside Activity Pre-Approval Form

Student Name: _____ Date: _____

Grade Level: 11 12

Semester Dates for Credit Option to be completed: _____

Course to be taken in lieu of PE: _____

Alternate Sport/Activity I will be participating in during this school year:

Coach/Organization Name: _____

Coach/Organization Phone Number: _____

Coach/Organization email: _____

Student Signature: _____ Parent Signature: _____

Final approval by High School Principal/Designee

Approved Activity for PE Credit Option

Not Approved for high school credit (reason): _____

High School Principal/Designee signature _____ Date _____

Reference:

Wis. Stats. 118.33 (1)

Wis. Stats. 118.33 (1)(e)

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